

# How to turn off auto screen brightness on Apple Watch

The Apple Watch's 'cinema' mode (Cinema / Theater mode) prevents the display of the Apple Watch from illuminating every time you move your wrist.

What if you want to always have this feature enabled? In the article below, TipsMake will guide you how to turn off automatic screen brightness on Apple Watch.

If you don't like the Apple Watch to automatically light up while at work or when you sleep at night, you can activate the Cinema mode automatically before bed.

This mode can be manually enabled from **Control Center** on Apple Watch. Swipe up from the home screen to access **Control Center** .

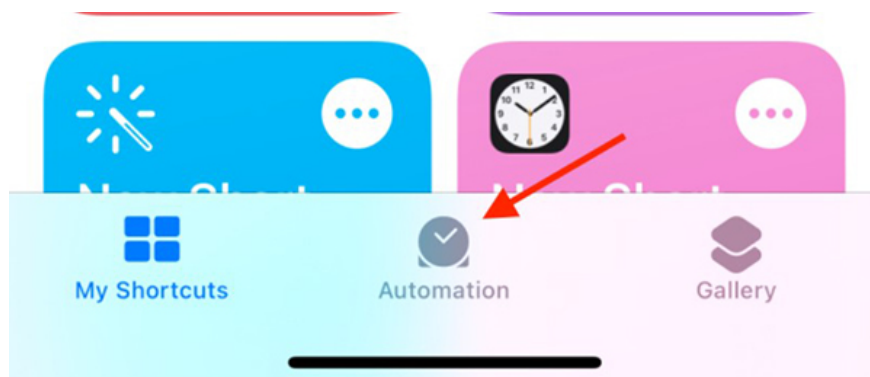


Next, click on **the mask icon** to activate the mode.

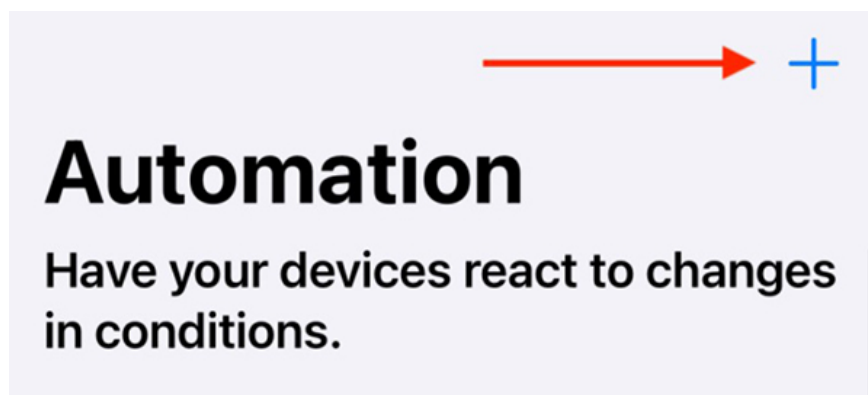


Alternatively, you can use the Shortcuts app to save a bit of time each day. Create an automation that automatically turns Cinema mode off or on on your Apple Watch at a certain time. This feature is available on Apple Watch running watchOS 7 and above.

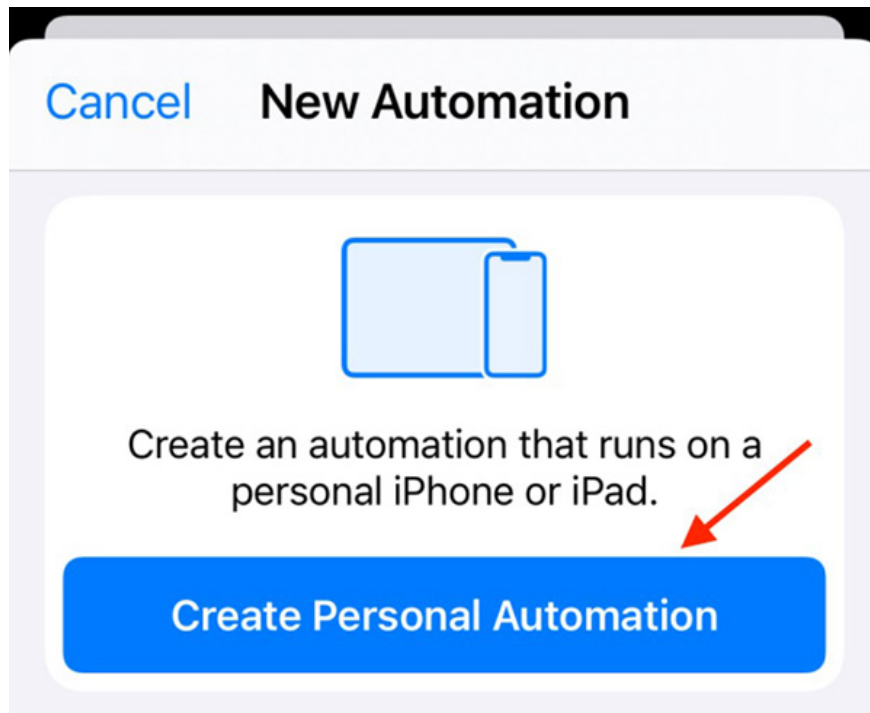
Open the **Shortcuts** app on the iPhone and go to the **Automation** tab .



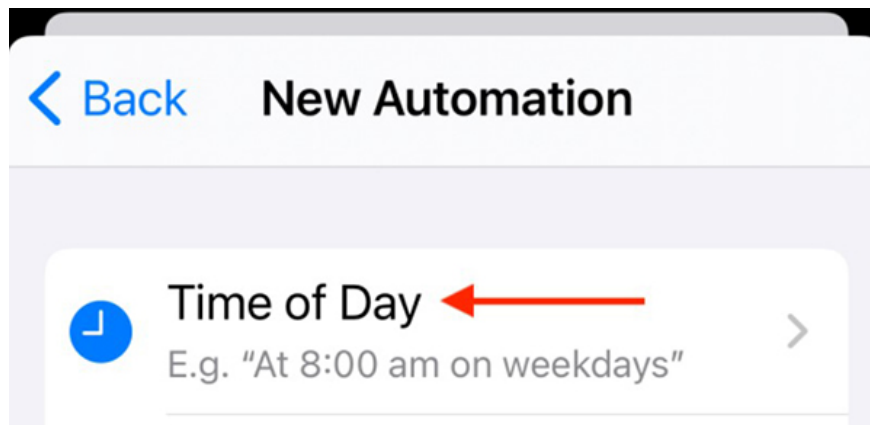
Here, click **the plus sign '+'** in the right corner of the screen.



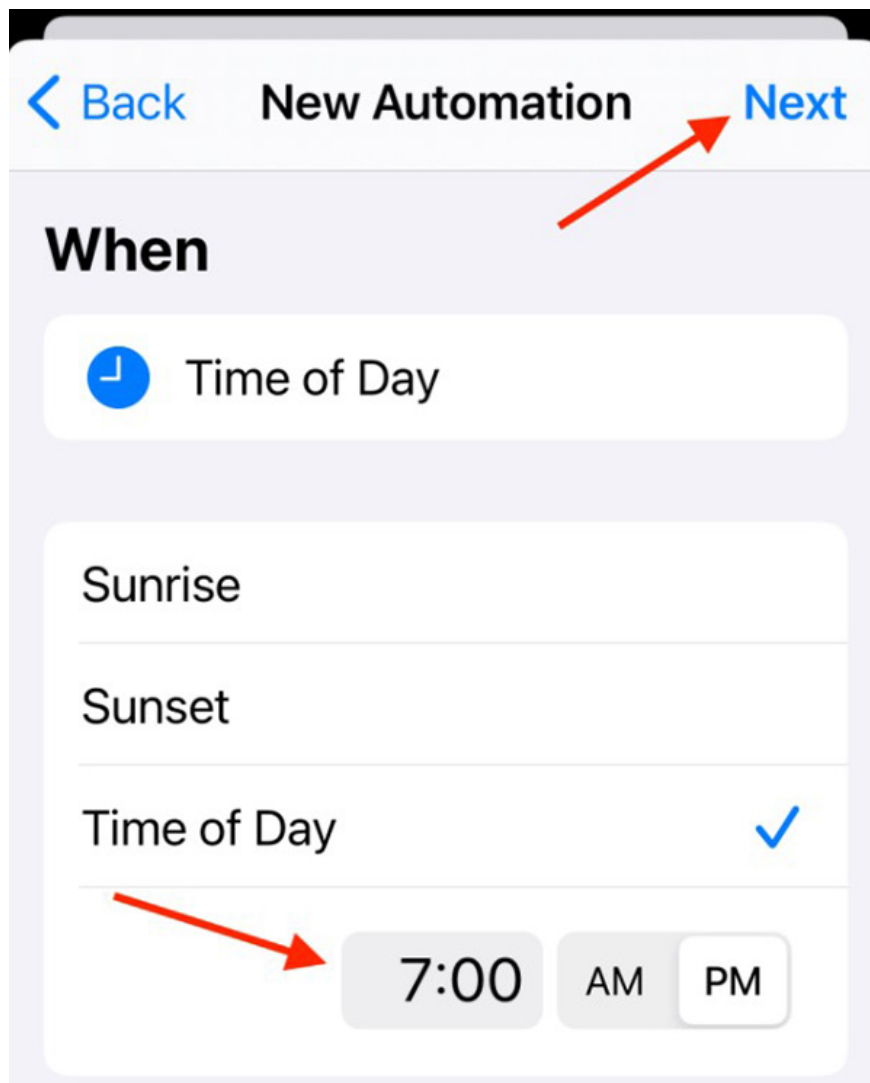
Select **Create Personal Automation** .



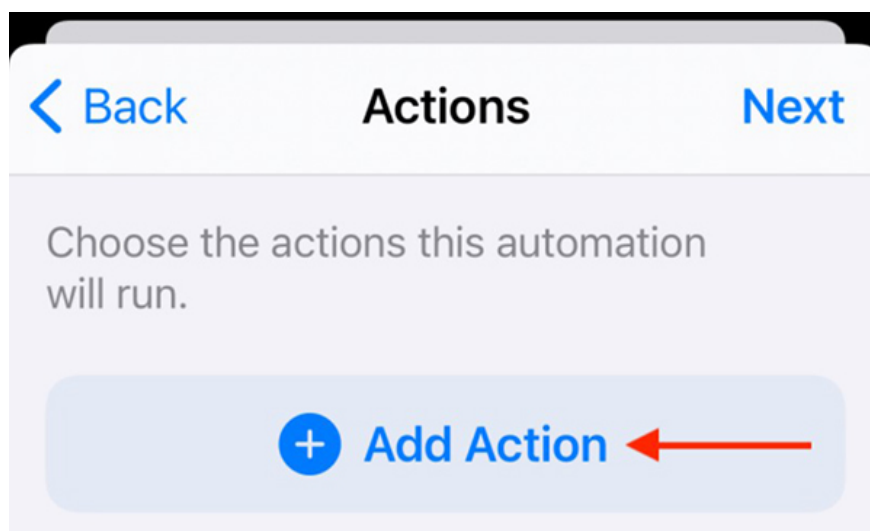
Select **Time of Day** .



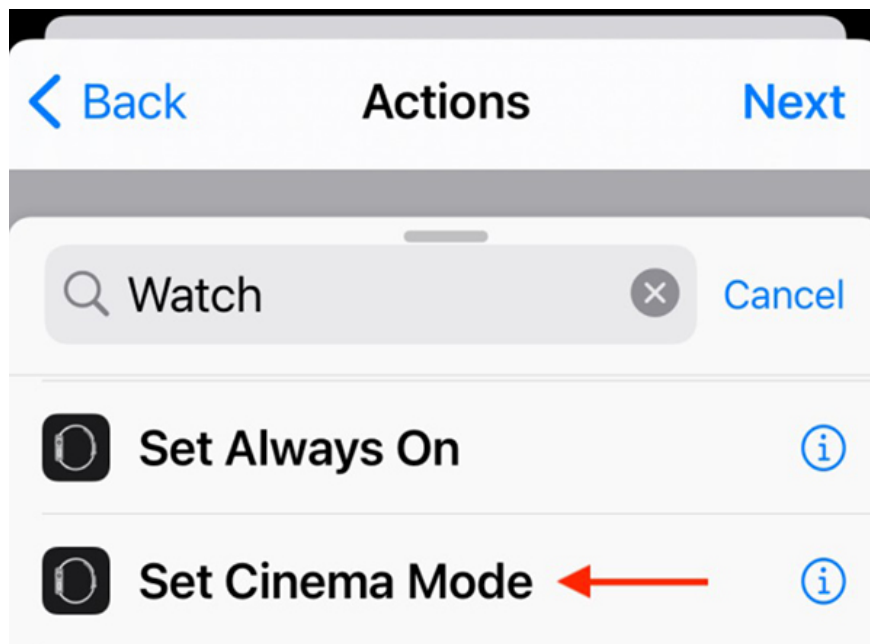
Set the time for which you want to activate Theater mode. If you want this automation to run every day, choose **Daily** . Next, click **Next** in the right corner of the screen.



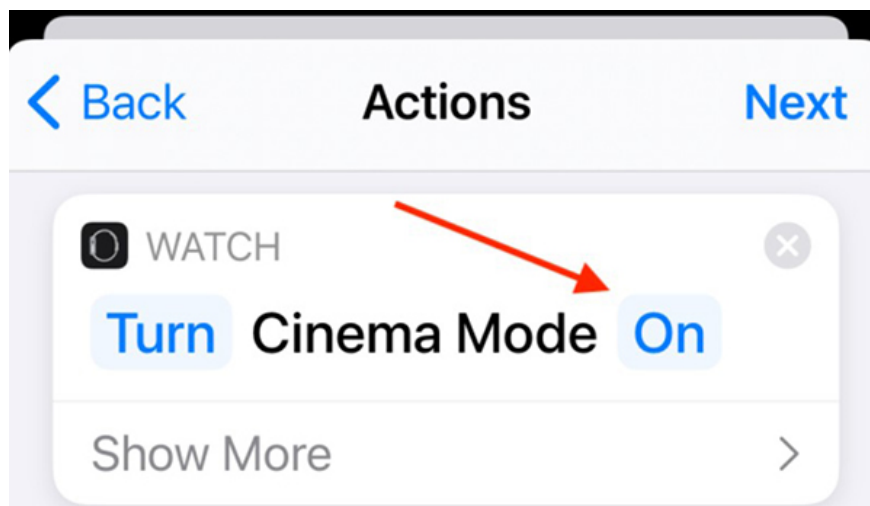
Now it's time to create a shortcut for this mode. Select **Add Action** .



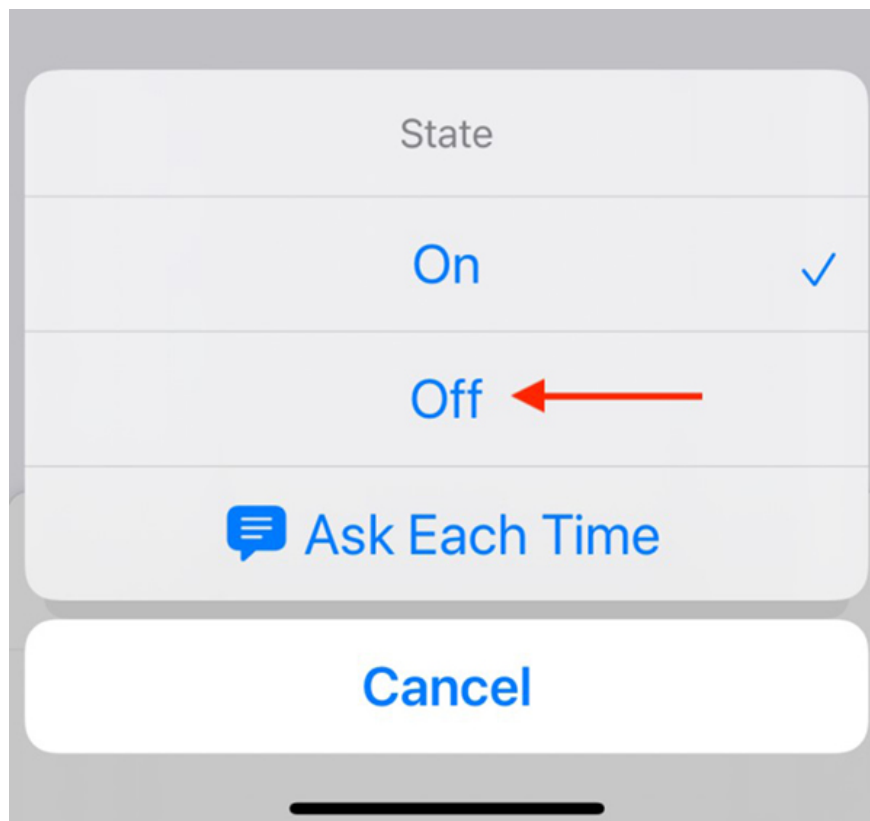
Search for and add **Set Theater Mode** or **Set Cinema Mode** . This feature will be named differently by region.



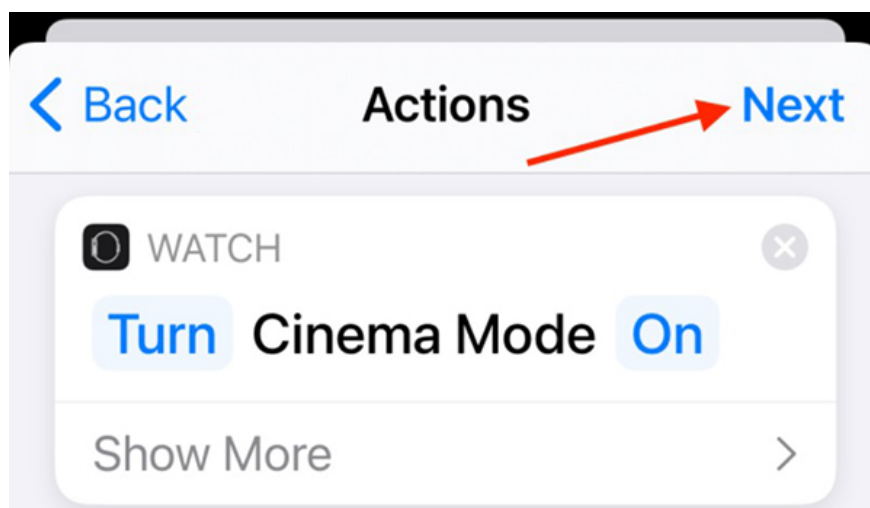
The **On** option will be selected by default.



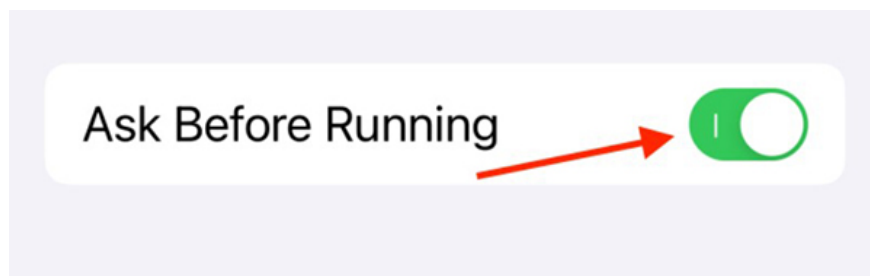
If you create automation to turn off Theater mode, choose **Off** from the pop-up message.



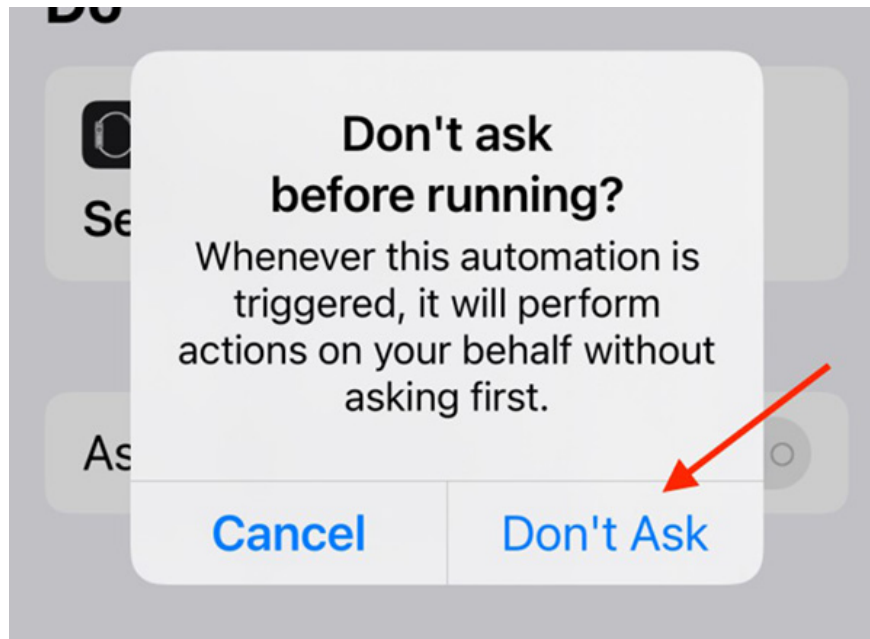
Next, click **Next** .



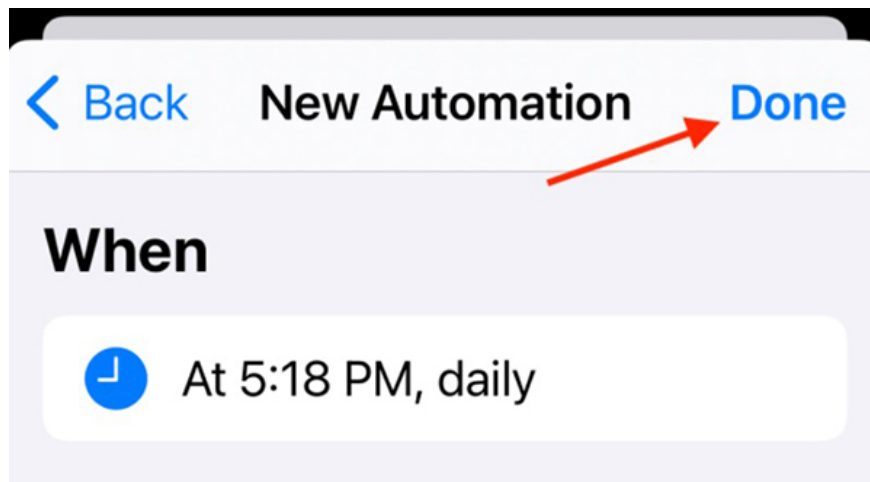
For this automation to really do automatically, turn off **Ask Before Running** .



Select **Don't Ask** from the pop-up message.

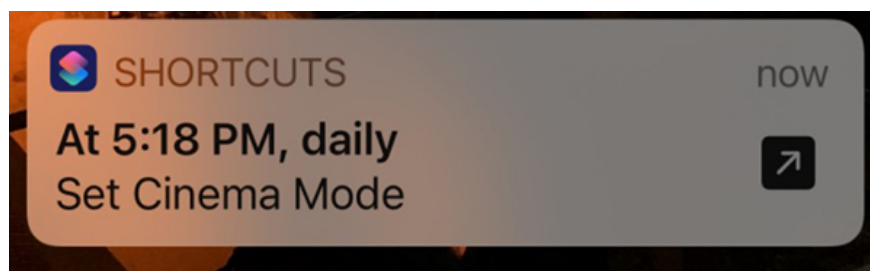


Now, press **Done** in the right corner to save automation.



You can repeat these actions for a new automation, off Theater mode.

When the shortcut is activated, you will receive a notification.



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