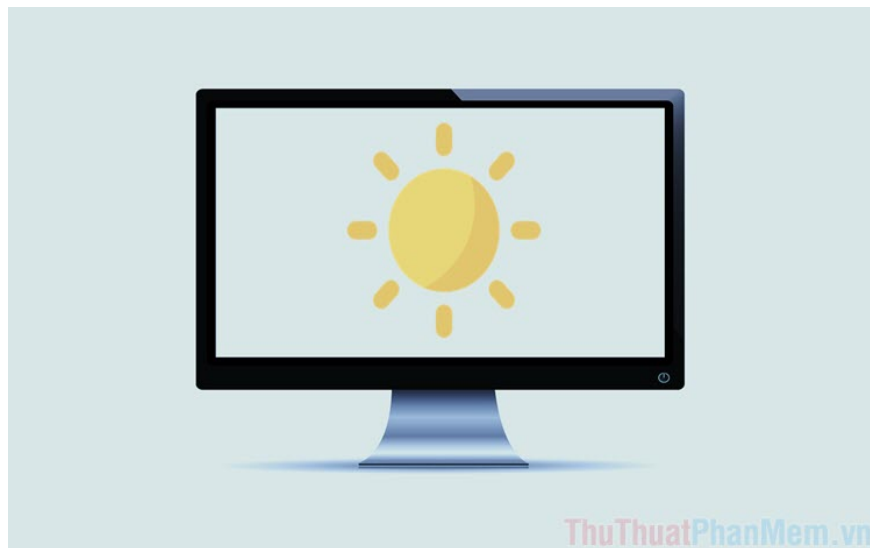


How to turn on and off the self-adjusting feature of screen brightness on Windows 10

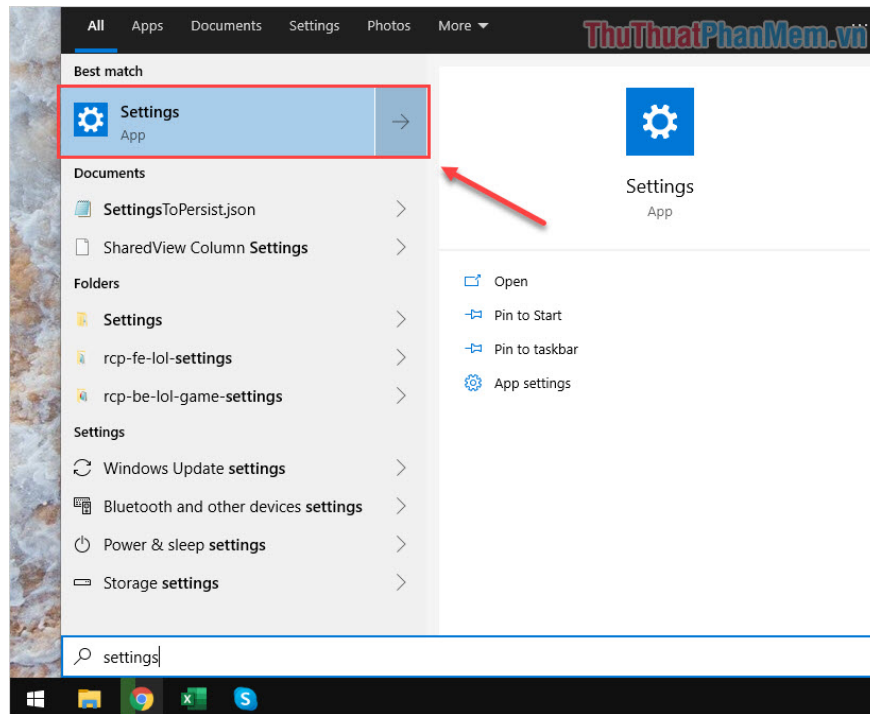
Laptop computers using Windows 10 operating system are equipped with sensors (sensors) that measure the light around the environment to set the appropriate screen brightness to help protect the eyes. That is why when we bring the laptop into the dark system, the system will automatically reduce the screen brightness and the opposite of the strong light area.

Laptop computers using Windows 10 operating system are equipped with sensors (sensors) that measure the light around the environment to set the appropriate screen brightness to help protect the eyes. That is why when we bring the laptop into the dark system, the system will automatically reduce the screen brightness and the opposite of the strong light area. In this article, the Software Tips will guide you how to turn on, turn off the feature to adjust the screen brightness on Windows 10.

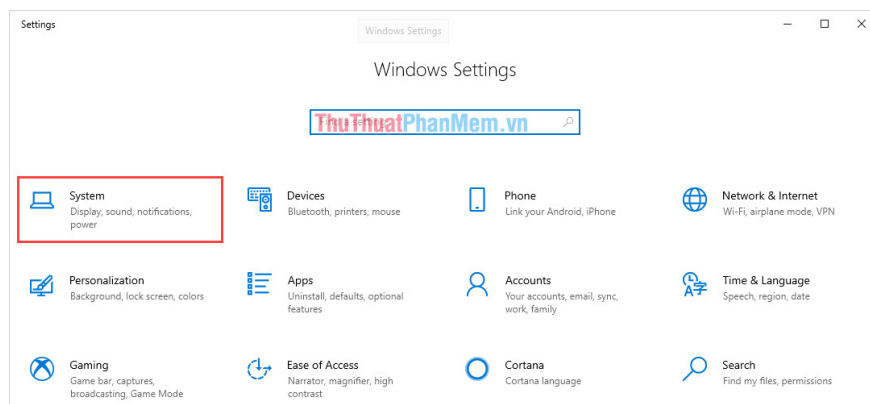


1. How to turn on and off the self-adjusting feature of brightness in Settings

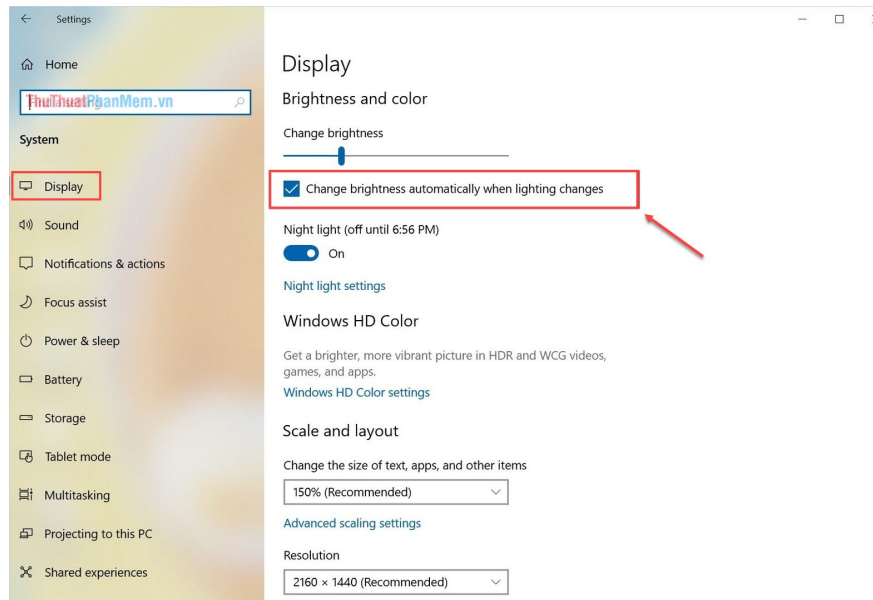
Step 1: You proceed to open the **Start Menu** and enter **Settings** to open.



Step 2: Then, you select the **System** section to set up the system.



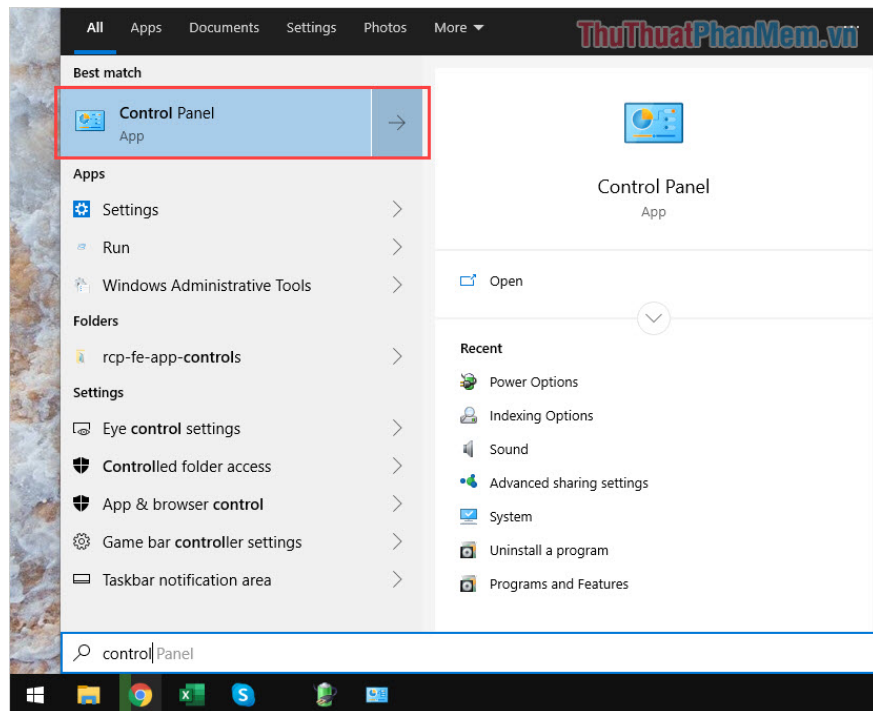
Step 3: At the **Display** tab , you will have the option of **Change brightness automatically when lighting changes (Automatically change when the ambient light changes)** .



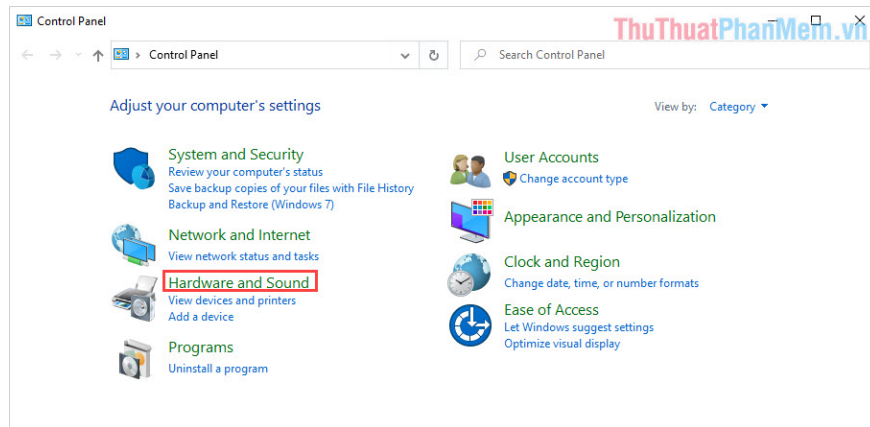
If you want to turn it off, uncheck this box and vice versa if you want to turn it on.

2. How to enable and disable the brightness adjustment feature in the Control Panel

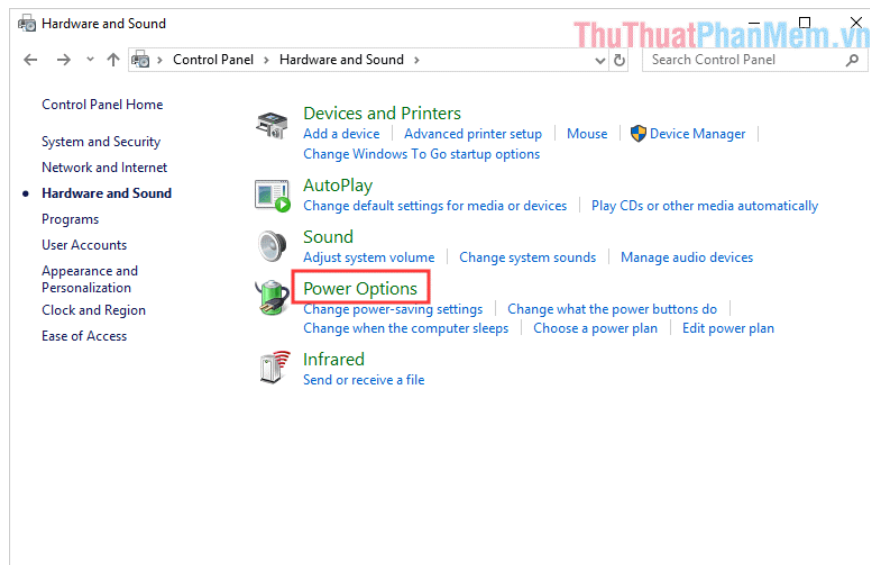
Step 1: You proceed to open **MenuStart** and enter **Control Panel** to open.



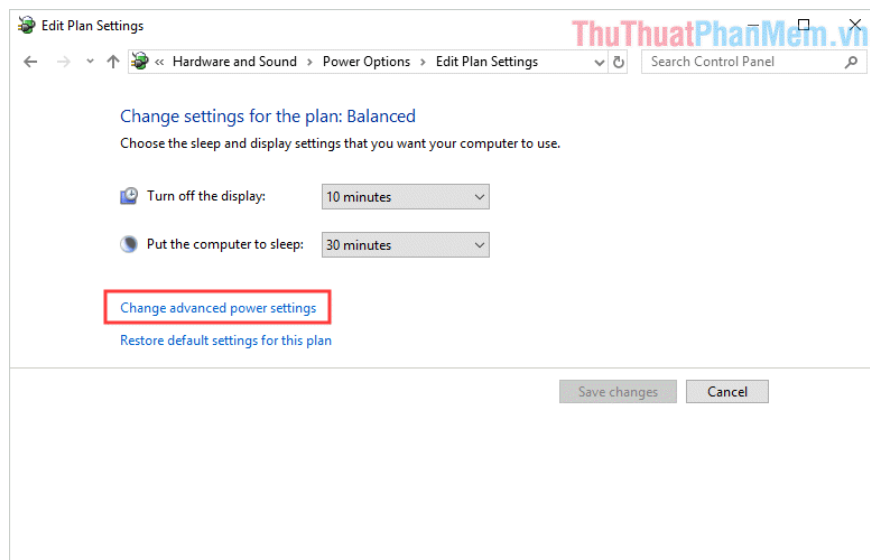
Step 2: Then, you go to **Hardware and Sound** to set up hardware related items.



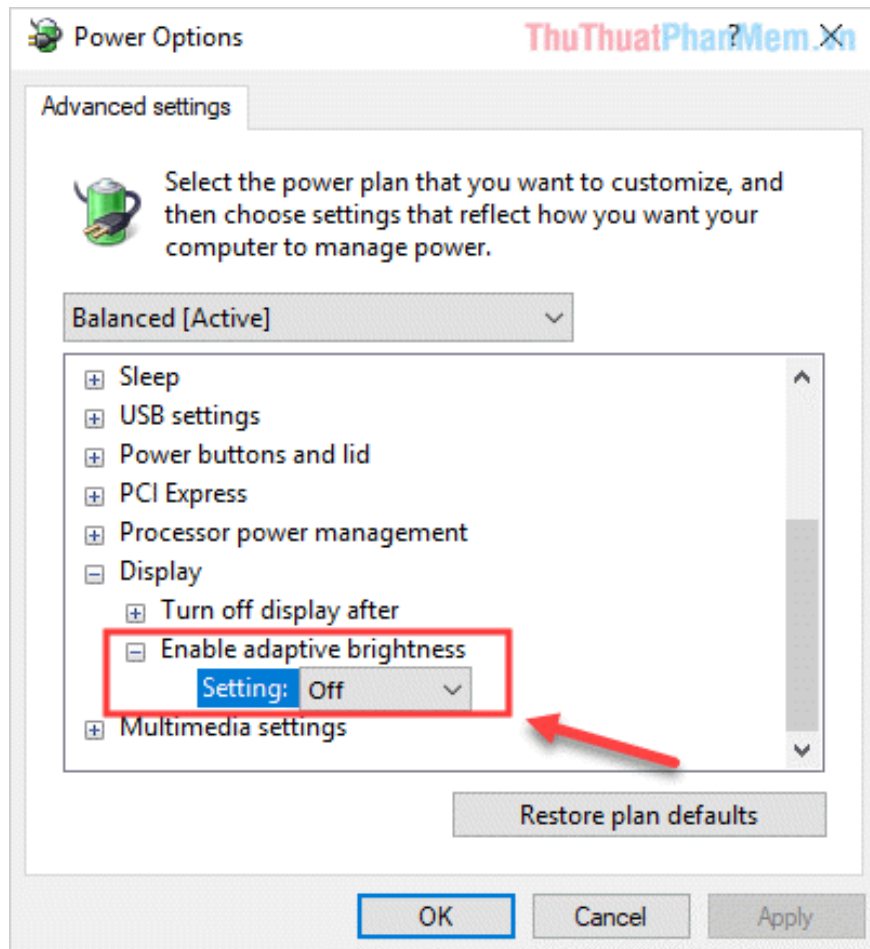
Step 3: Continue, select **Power Options** .



Step 4: Continue to select **Change advanced power settings** .

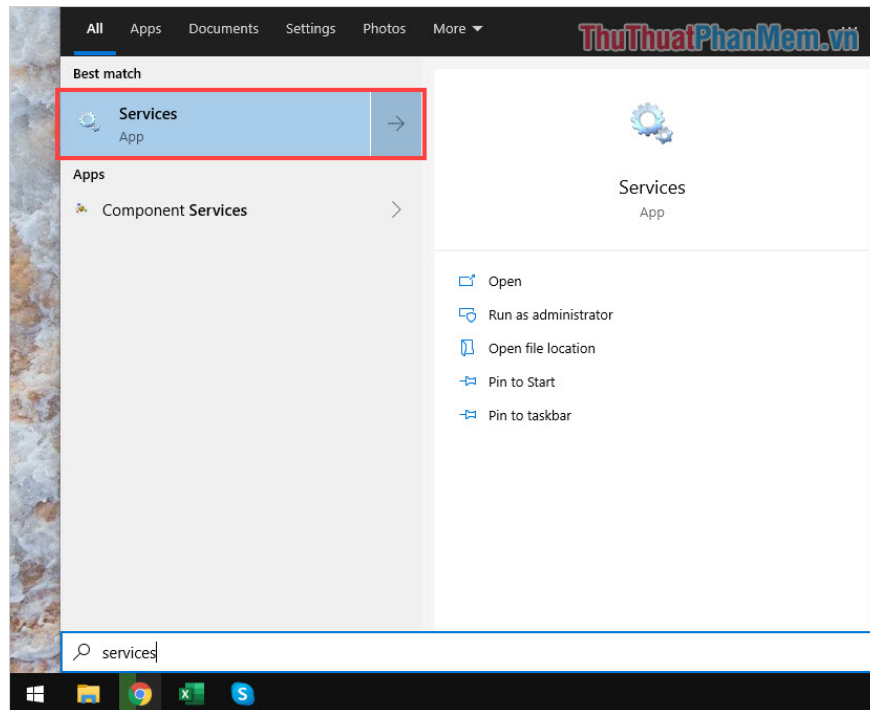


Step 5: Here, you scroll down and select **Settings** to see the expanded items. Then you can select the **On / Off** position **Enable adaptive brightness** to enable / disable automatic brightness adjustment on Windows 10.

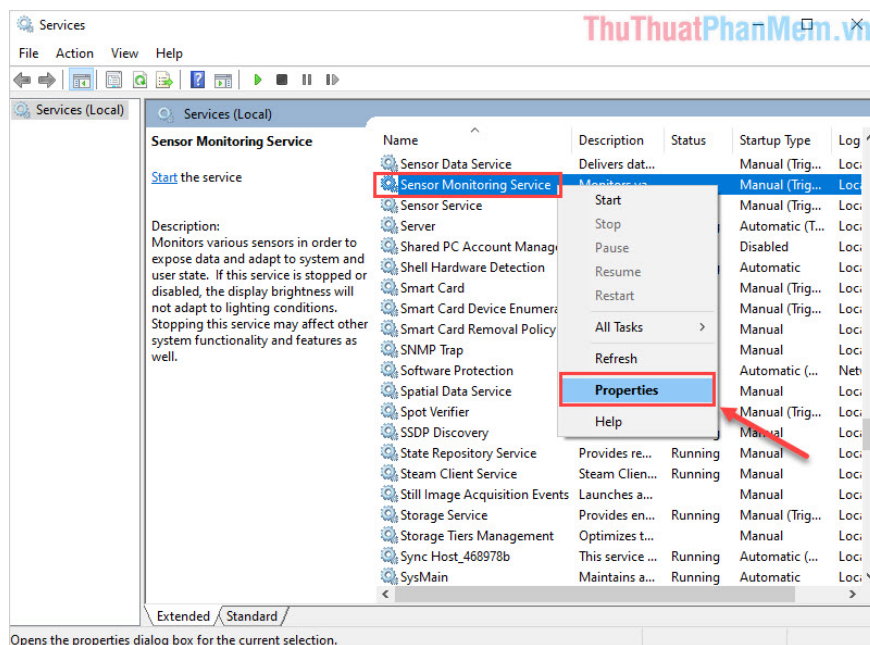


3. How to enable and disable the automatic brightness adjustment in Services

Step 1: You proceed to open the **Start Menu** and enter **Services** to open.



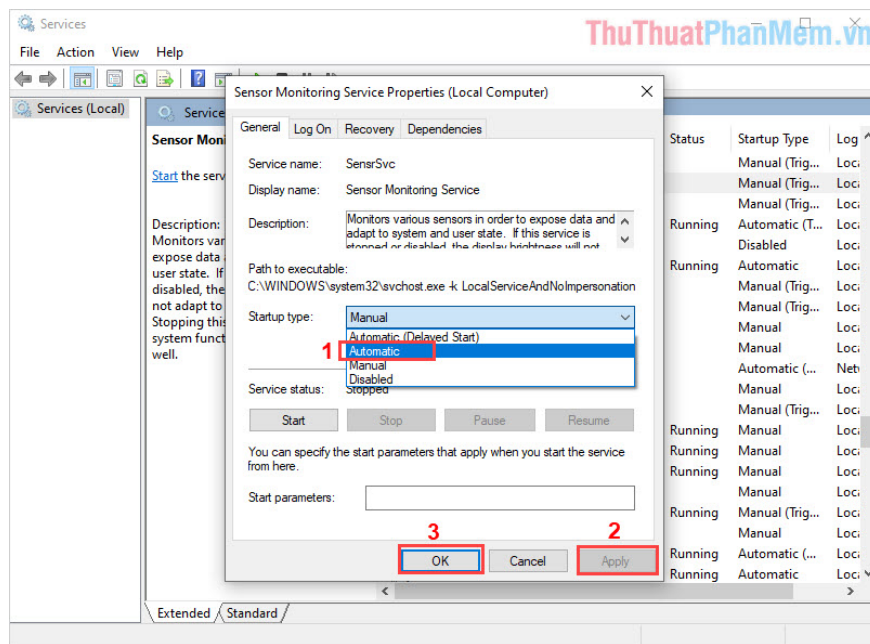
Step 2: Scroll down to find Sensor Monitoring Service and right-click and select Properties .



Step 3: Finally, you can choose one of the following 03 settings:

1. **Automatic:** Automatic
2. **Manual:** On
3. **Disable:** Off

Once setup is complete, you select **Apply** -> **OK** to complete.



In this article, Software Tips have shown you how to turn on / off the automatic brightness adjustment feature on Windows 10. I wish you success!

You finished reading the article "**How to turn on and off the self-adjusting feature of screen brightness on Windows 10**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.