

# How to turn on Night Light mode on Windows 10

Turning on Night Light mode on Windows 10 helps users to reduce the blue light when working in low-light or night-working environments, avoiding eye damage.

With users using computer devices, laptops in a dimly lit environment, and increasing nighttime, Microsoft finally updated the Night Light feature for Windows 10, from the Creators Update and above version. Turning on Night Light mode on Windows 10 helps users to reduce the blue light when working in low-light or night-working environments, avoiding eye damage.

When the user activates Night Light, the tones displayed on the device will become warmer, not glare, which helps reduce stress when working long on the computer and sleep better after working on the device. In the following article, we will show you how to enable Night Light on Windows 10.

## Note:

1. This Night Light or night mode feature is only available on Windows 10 Creators Update (17xx version) and above. If you use a lower version of Windows 10, please update your operating system or use the 6 green light filtering applications that must be available for your computer or phone.
2. After activation, the screen will switch to warm tones, you will feel the screen is haunted yellow or too yellow, too red, use the brightness bar in Night Light to adjust the light level to the eyes, increase the warmth when used.

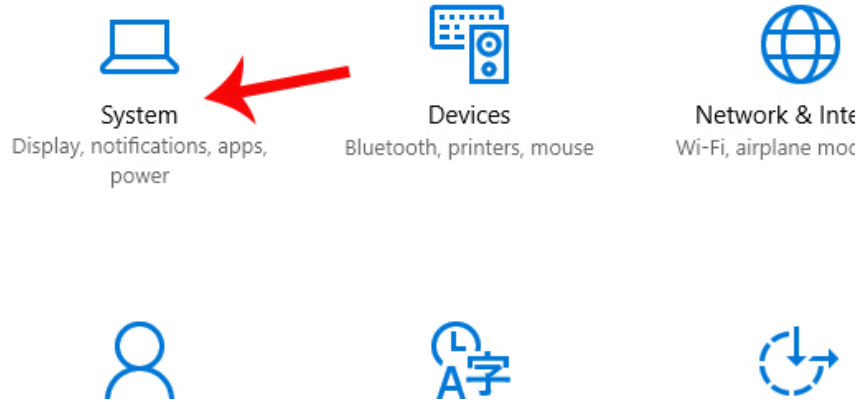
[Download Windows 10 Creators Update](#)

## Turn on Night Light mode in Windows 10 Settings

### Step 1:

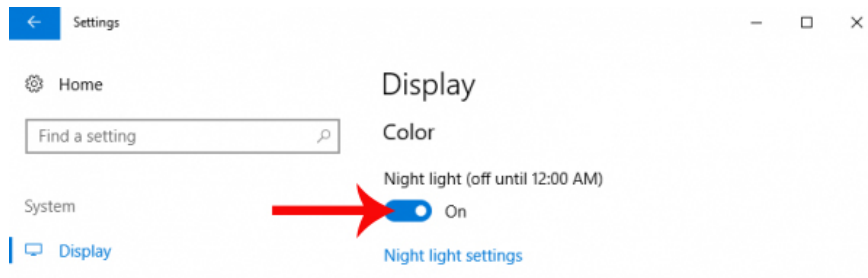
We will need to follow these steps: **Start > Settings > System > Display > Night light > Night light settings** or go to **Open Night light settings**

First, click on **the Settings icon** on the device and select **System** .



### Step 2:

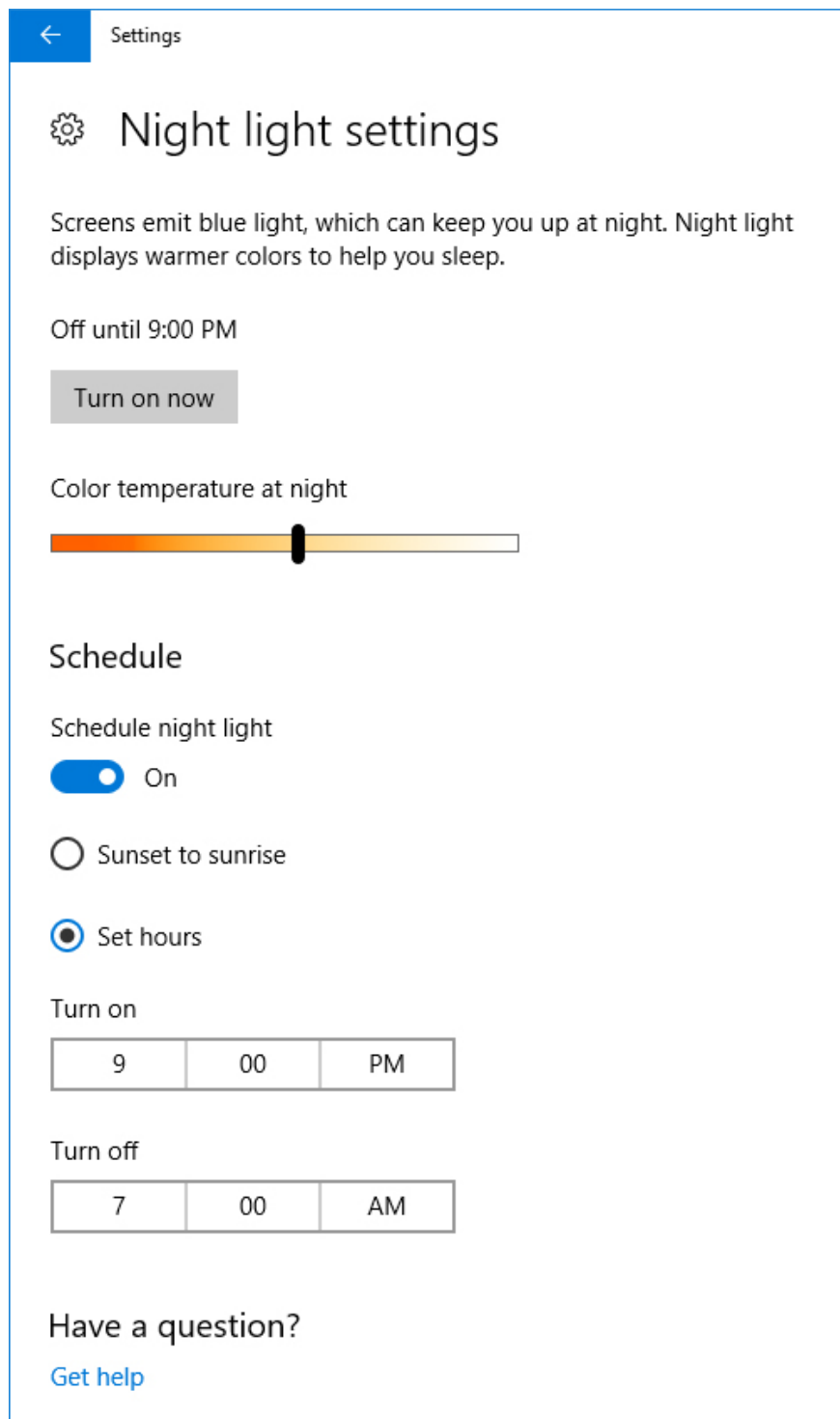
In the next interface, click on the **Display** item in the list on the left. To the right, you will see the **Night Light** item and switch it to **On mode** . Then click on **Night light settings** .



### Step 3:

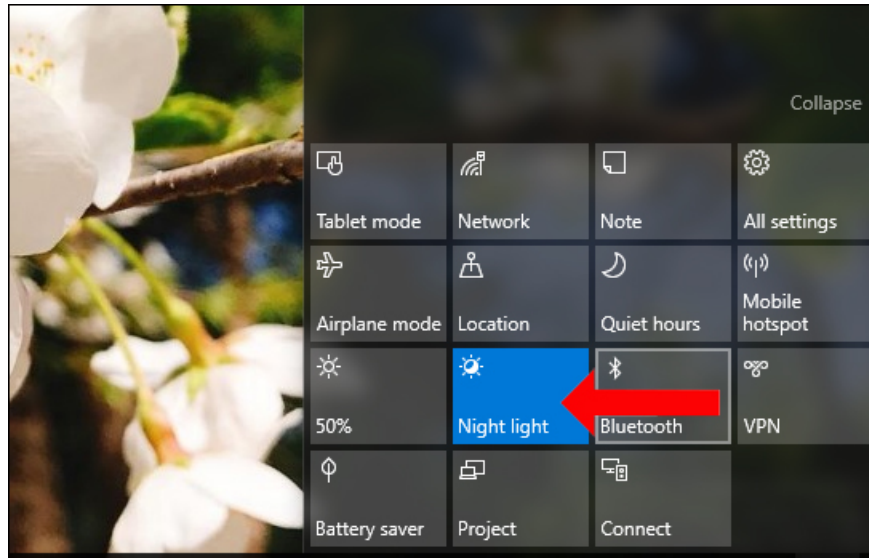
At the Night light settings interface, we will set the time to activate Night Light mode when using the device.

We can choose specific activation time at Turn on and time off at Turn off. Or you can rely on the time when the Sun rises (Sunrise) and dives (Sunset) at your current location.

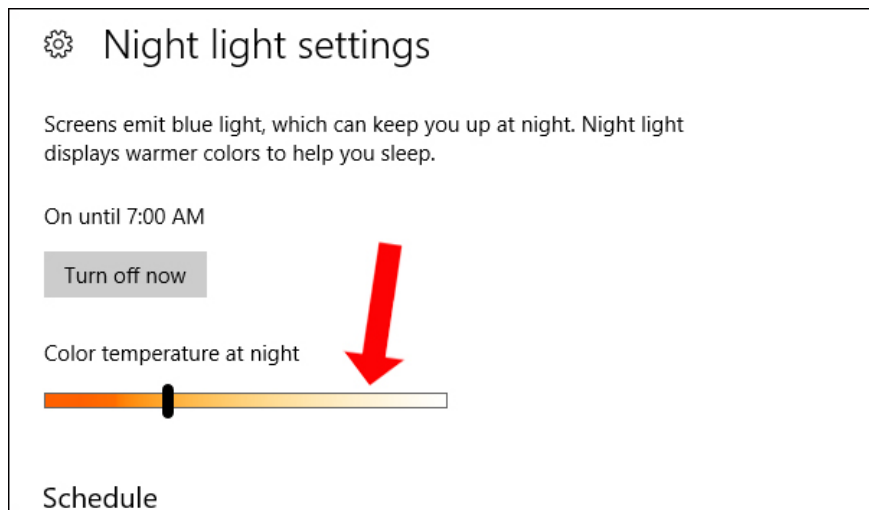


## How to turn on Night Light from Action Center

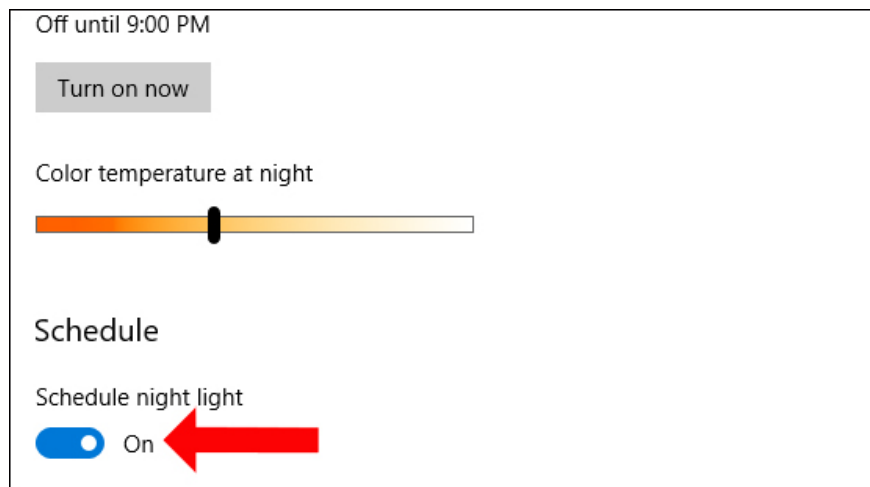
In addition, to quickly launch Night light mode without entering Settings, we can open **Action Center** by clicking on the icon under the Taskbar, or pressing the Windows + A key combination . **Night light** .



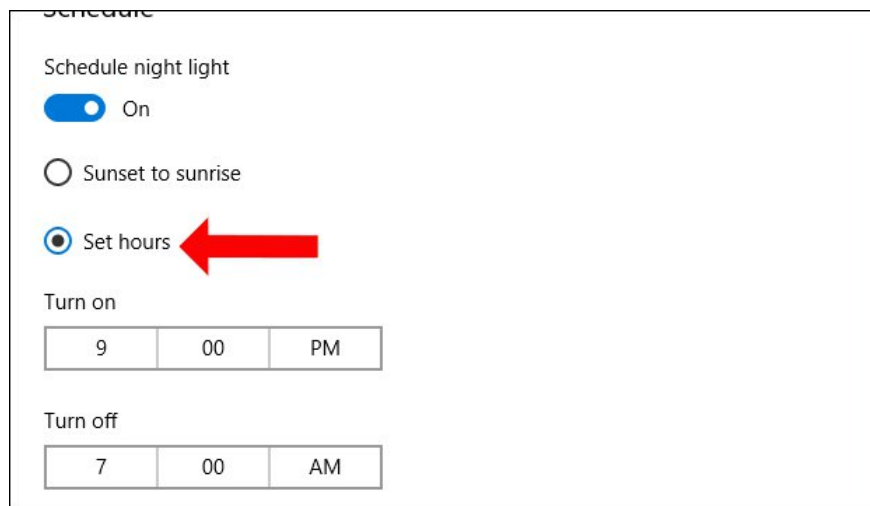
You will also be taken to the Night Light installation interface, where you can adjust the color level for blue light at **Color temperature at night bar** . The more you adjust to the left of the bar, the deeper and darker the color will be.



**On Windows 10 April 2018 and above** , you have the Night Light setting feature added over time, scheduling it to follow. At Night light settings interface, Schedule section activates **On mode at Schedule night light** .



Next, to set the Night light mode to turn on, select **Set hours** , then schedule the turn-on time at Turn on and the automatic time off at Turn off.



A useful feature when it comes to health protection for users, especially with the eyes. However, when we activate and adjust the Night Light feature on the device, you must rely on the brightness and contrast in each device, as each device has different parameters. In addition, you also need to adjust the brightness mode on Night Light that best suits your eyes.

Refer to the following articles:

1. Attractive features on Windows 10 Creators Update
2. How to fix 100% disk error on Windows 10 Creator Updates
3. 7 ways to do, customize in post will help your Windows 10 "as fast as wind"
4. Instructions for dividing hard drives right in Windows 10
5. Instructions to upgrade to Windows 10 from Windows 7/8 / 8.1

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