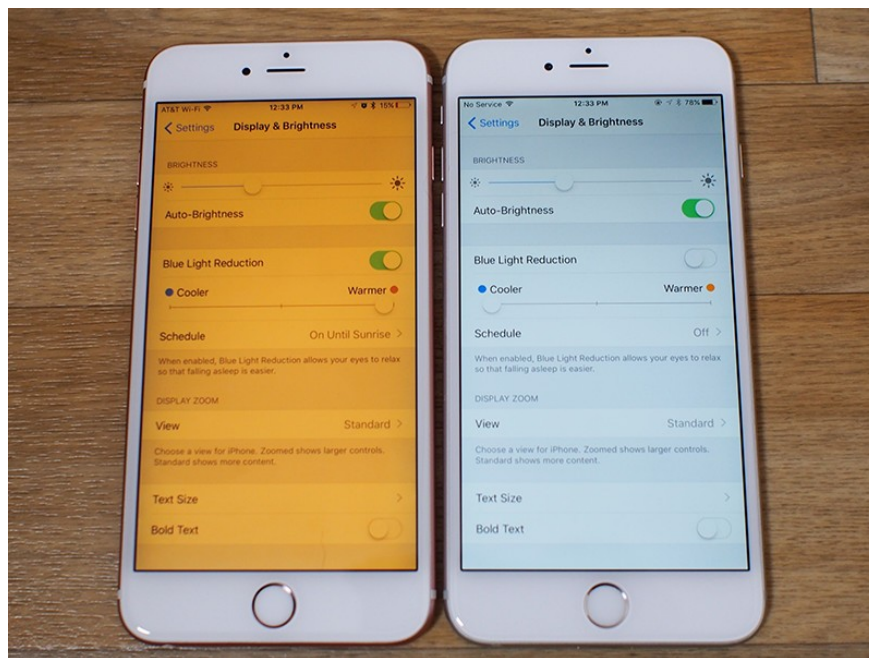


# Instructions for activating Night Shift on iOS 9.3

Prominent among them is a new feature, called Night Shift, which is useful for phone users at night, which is aimed at reducing the impact of iOS screen light on sleep with the provision of ability to customize the screen blue intensity from darker to lighter.

Apple just announced **iOS 9.3** , this is probably the most important update that Apple brings to users. That is reflected in the seven major features in the upcoming update for your iPhone and iPad.

Prominent among them is a new feature, called **Night Shift** , which is useful for phone users at night, which is aimed at reducing the impact of iOS screen light on sleep with the provision of ability to customize the screen blue intensity from darker to lighter.



With **Night Shift** , Apple will detect your location and determine the right time to change the iOS device screen from a blue screen to a warm yellow tone.

In particular, in the **Night Shift** mode settings, you can easily customize this mode to be automatically switched on or off based on the real time and location of the device, such as automatic scheduling from the Sunset to Binh Minh or schedule self-timer on the buffet.

To customize the schedule automatically turn on this **Night Shift** mode, you need to go to **Settings** in the **Display & Brightness** section , below the color correction section **Blue Light Reduction** and click on the **Schedule** . Then select **Sunset to Sunrise** (select automatic schedule) or **Custom Schedule** .

## Enable Night Shift mode on iOS 9.3



Apple officially released iOS 9.3 on Monday 21 March 2016. iOS 9.3 has many new features, including Night Shift, which makes it easier for users to sleep.

### **More reference: Instructions for iOS upgrade for iPhone, iPod Touch and iPad**

To enable Night Shift on iOS 9.3, follow the steps below:

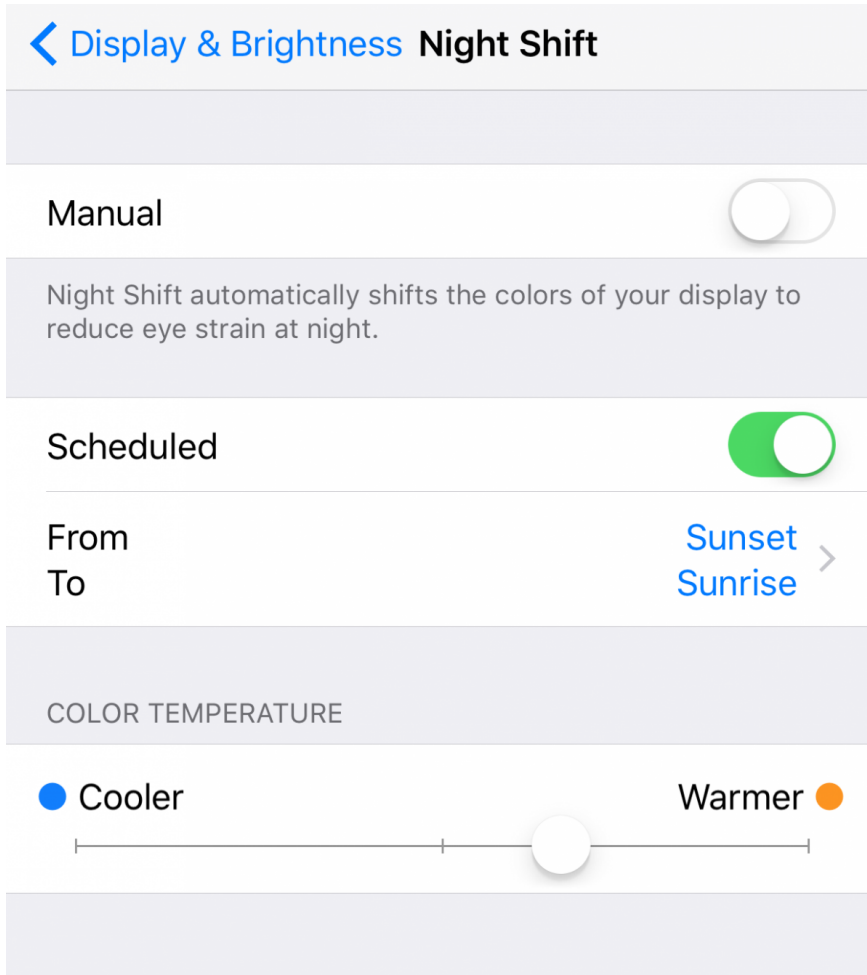
Open the Setting app on your iOS 9.3 device, then select **Display & Brightness** .



Click **Night Shift** .

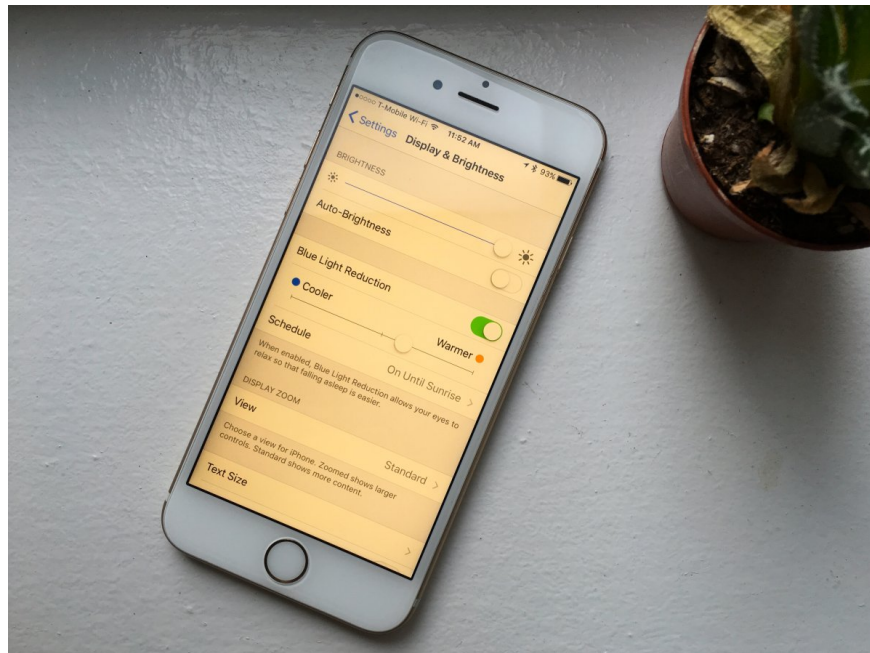
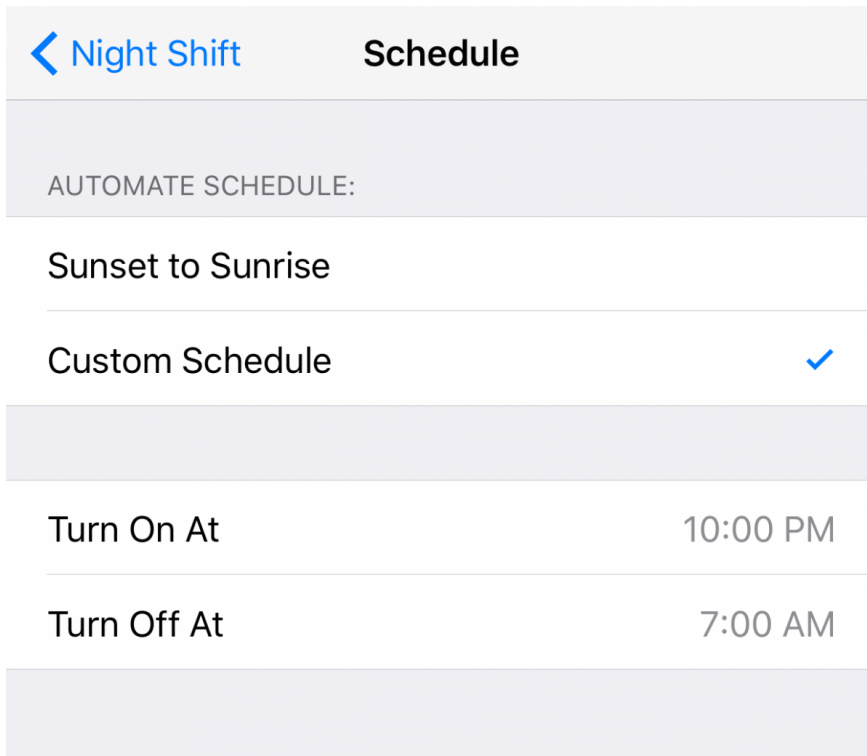


You can set whether to enable or disable this feature manually or set a schedule to automatically open the device screen with a warmer yellow tone.



In addition, you can adjust the device temperature (color temperature) with the sliders.

In addition, you can also create a custom schedule for Night Shift if you don't want to set a calendar automatically from Sunset to Dawn or schedule a self-timer according to the timer.



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**Hope the article is useful to you!**

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