

# Tutorial 4 ways to adjust the screen brightness of Windows 10

In this article, you will know how to adjust the screen brightness of Windows 10 to get the right screen brightness for eye protection as well as extend the screen life of PC, laptop and laptop battery.

Screen brightness on a computer is one of the factors that affect your eyes a lot. If you work continuously with high brightness, it will lead to visual stress and eye strain, as well as shorten laptop battery life.

In the article below, Network Administrator will guide you 4 ways to adjust the screen brightness of Windows 10 to protect your eyes as well as extend your laptop battery life.

Also, if you're using a Windows 7 computer, and you want to adjust the computer screen brightness to protect your eyes and extend laptop battery life, you can consult the steps here.

## How to adjust the screen brightness of Windows 10

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### 1. Use keyboard shortcuts



Almost all notebooks have built-in keyboard shortcuts to quickly adjust screen brightness. For example, with a ThinkPad laptop, you can use the shortcut **Fn + F5 / F6** to adjust the screen brightness.

With your laptop or computer, you can find the brightness icon on the function keys to adjust the screen brightness. If the hotkey doesn't work, make sure your computer and laptop have installed the display and keyboard drivers.

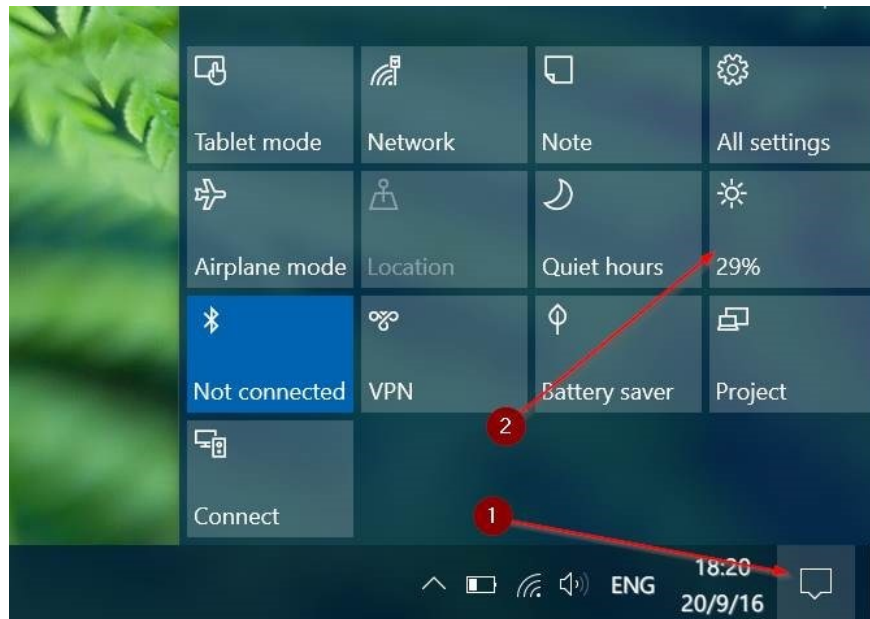
## **2. Use Action Center**

### **Step 1: Open Action Center**

Click the Action Center icon in the Taskbar to open the Action Center panel.

### **Step 2: Select Brightness**

On the Action Center control panel, click the tile brightness as shown below to increase or decrease the screen brightness. If you don't see the tile brightness, click the **Expand** button.



### 3. Through Settings settings

The best way to adjust the screen brightness increases or decreases according to your needs is through Settings settings.

#### Step 1: Open Settings

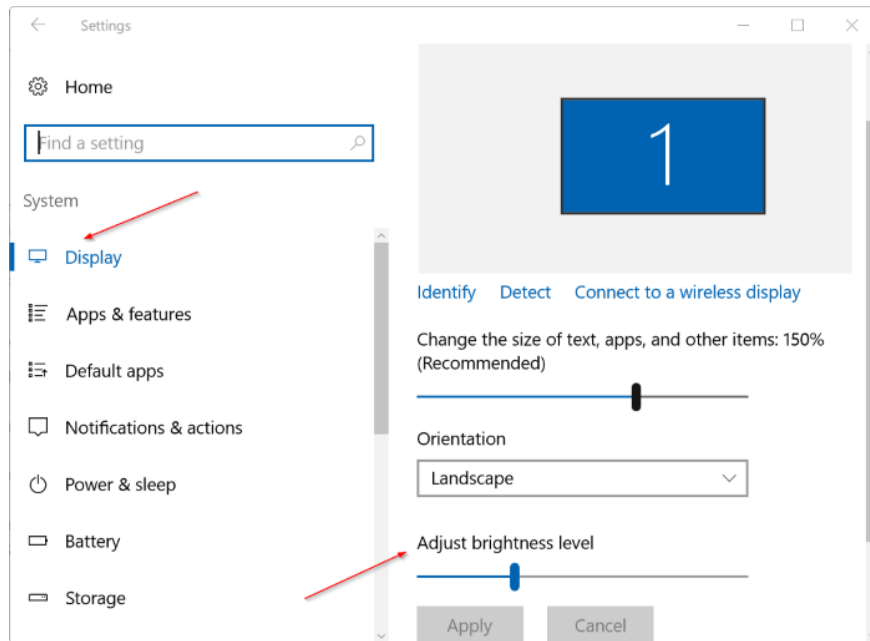
Open Settings by clicking the Settings icon in the left pane of Start Menu.

#### Step 2: Select System

On the Settings window, find and click **System**.

#### Step 3: Adjust the screen brightness in Display

You should now see the Adjust brightness level option along with a slider to adjust the screen brightness. If you don't see an option, click Display ( **Settings** => **System** => **Display** ).



Note that you cannot adjust the screen brightness of a monitor connected to your computer.

## 4. Use Control Panel to adjust the screen brightness of Windows 10

This is the traditional way that users often apply to adjust the screen brightness of their computers and laptops.

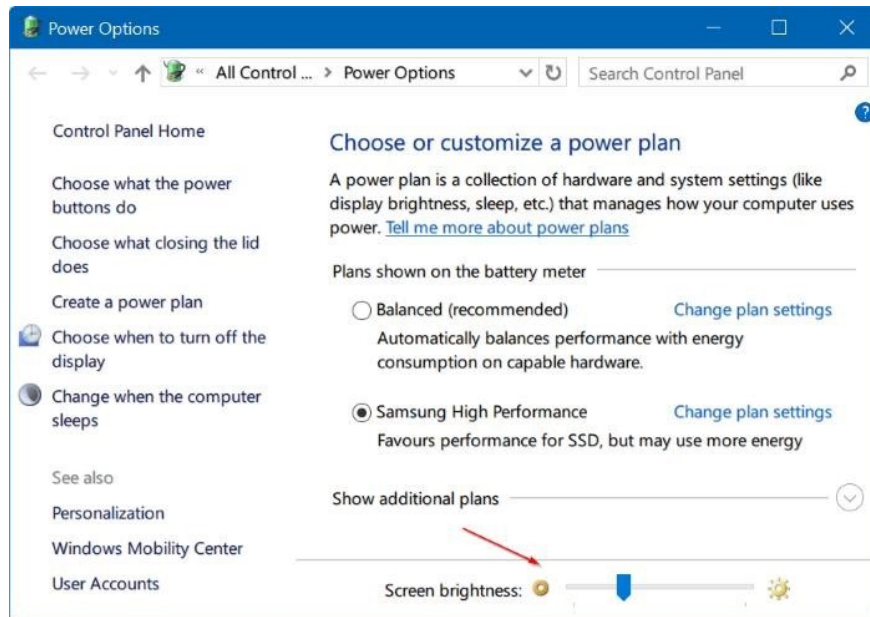
### Step 1: Open Power Options

Right-click the battery icon in the system tray located on the Taskbar, then click **Adjust screen brightness** to open the Power Options window.



### Step 2: Adjust screen brightness

Now on the screen, the Power Options window appears, at the bottom of the window you will see the **Screen brightness** option along with a slider. Drag the slider to the left side of the screen to reduce screen brightness, and drag the slider to the right to increase screen brightness.



Refer to some of the following articles:

1. How to check if your computer is running Windows 10 Hyper-V?
1. How to activate Ctrl + C / Ctrl + V to execute paste command in Command Prompt window?
1. How to disable Lock Screen lock screen on Windows 10 Anniversary Update

Good luck!

You finished reading the article "**Tutorial 4 ways to adjust the screen brightness of 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.