

# What is the dark mode (dark mode)? Benefits and harms that dark background mode brings?

Dark mode is a feature of the application / operating system ...

## What is the dark mode (dark mode)?

Dark mode is a feature of the application / operating system, which helps you change the application / operating system's theme (background) to dark colors (black, dark blue, green black, gray .), instead of the usual white / bright colors.

If you notice, you can see that in recent times, the dark background mode is increasingly popular and widely used by technology users everywhere in the world. Nearly every popular application, operating system from famous names such as Google, Microsoft, Apple and Android . have introduced the option of setting the dark background mode. Many developers even advise users to switch to using full dark mode if possible, because of the great advantages it brings.

1. Invite to admire the new interface of Facebook, Dark Mode, focus on the group, has appeared on mobile applications



*Dark mode is a feature that changes the theme (background) from light to darker*

So what are the benefits of using dark background mode? Recently, Professor Silas Brown, an experienced University of Cambridge scholar, conducted an in-depth study to point out and emphasize the great benefits of using a dark background on the device screen. electronics, while providing insight into why technology companies encourage people to use it. We will now explore this later.

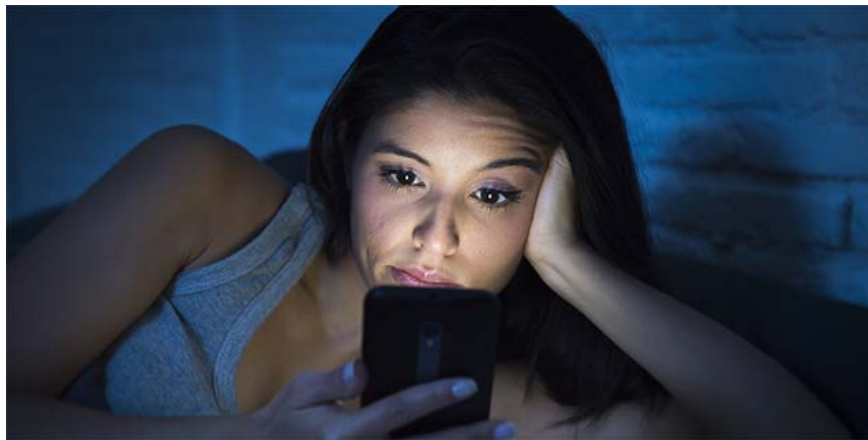
# Benefits of dark background mode

## Benefits for human health

Perhaps the greatest benefit that the dark background gives users is in terms of health. Theoretically, when displayed in dark background, the device screen will emit less blue light - the type of light is thought to cause many eye damage and the quality of sleep.

There has been a lot of scientific research actually showing that blue light has a significant effect on many body systems and especially your brain, from upsetting the circadian rhythm to causing Damage to sensitive cells in the retina.

1. Are green light filtering applications really effective?



*Blue light has a negative effect on many organs in the human body*

For this reason, the dark background is recommended as a way to bring a better user experience when people use their devices at night, as well as bring more deep, comfortable sleep after use the device.

In addition, the study also showed that the phenomenon of eye fatigue, dry eyes, dazdling after looking at the electronic screen continuously for extended periods of time will also decrease with dark colors displayed on the screen. form.

Not stopping there, people suffering from eye diseases, birth defects, negatively affecting the ability to perceive white light, such as those with photophobia, will also benefit. when switching to using dark background mode.

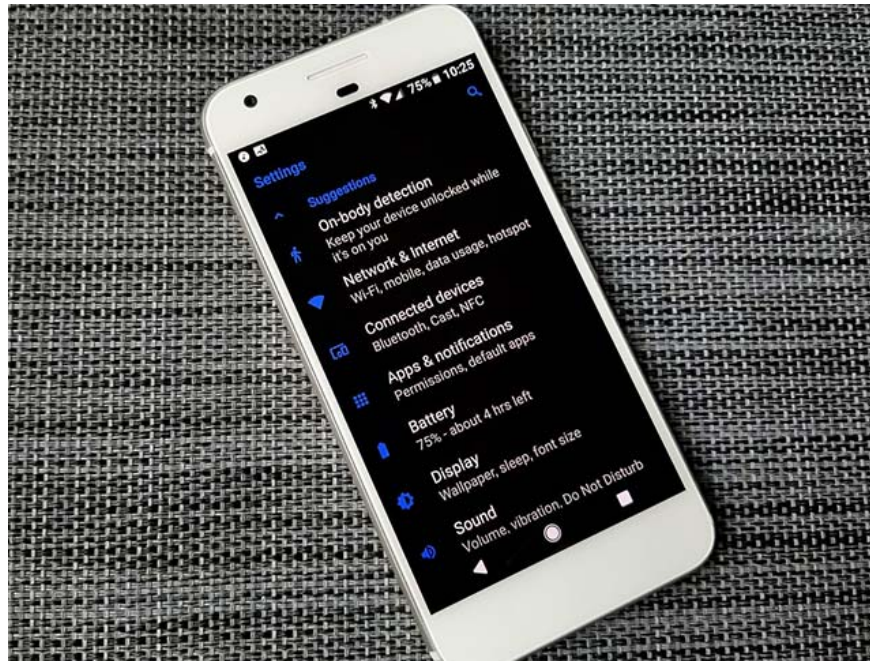
1. Google officially supports the dark background mode for the Photos and Calendar app on Android

## Benefits in practical use

Professor Silas Brown's research has shown that the dark background not only brings benefits to human health, but also positively affects both the device system and the device's durability.

According to research results, when displaying dark content, the screen is able to use less energy. In addition, the dark content will also help the screen work better at low brightness settings, thereby contributing to optimizing the overall battery efficiency of the device.

1. There is a Dark Mode for the Gmail application on Android

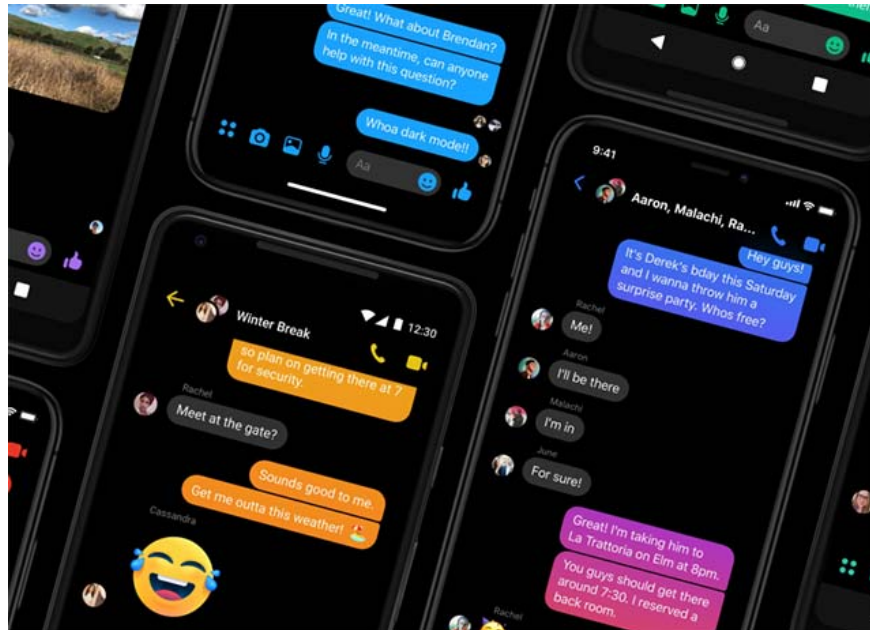


*Dark background mode helps optimize the energy efficiency of the screen, extending battery life*

Another rare but also effective case is when your device screen gets pixel errors (dead pixels), they will be harder to see with the naked eye when the screen shows a dark color. Bright colors, especially white. In this case, switching to dark background mode is an effective 'fire-fighting' solution if you don't want to fix the screen.

Although dark background mode is not a good choice if you want to read content for a long time, there are still certain benefits. Some colors have more prominent visibility on black than on white, which is especially useful when you're trying to find outstanding information on a dense text display.

1. Invite to see iPhone 11 running iOS 13 with Dark Dark interface



*Some types of colors have more prominent visibility on dark backgrounds*

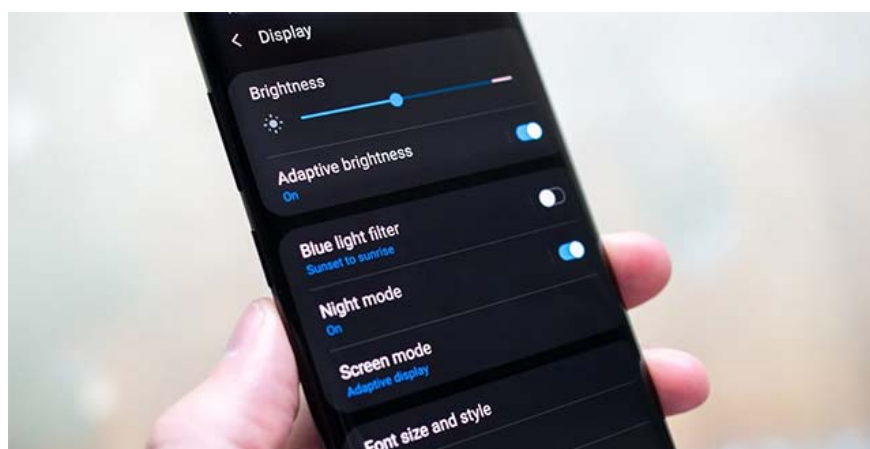
In addition, dark background mode will also help keep your device cool. The bright screen makes the device heat up faster, while the dark mode helps to reduce the brightness to an optimal level, while cooling the device for a more pleasant feel.

## **Disadvantages of dark background mode**

All inventions and applications in the technology world bring both positive and negative aspects. While inventions bring many advantages that will be widely accepted and applied, the more destructive innovations will be eliminated, and the dark background is in the first case.

Professor Silas Brown stresses that the dark background mode will be particularly ineffective when used in tandem with a backlit display - but because this "classic" screen type is no longer in common use. , so this is an unimportant factor.

1. Dark Reader - A free utility that turns any website into dark mode, inviting the experience



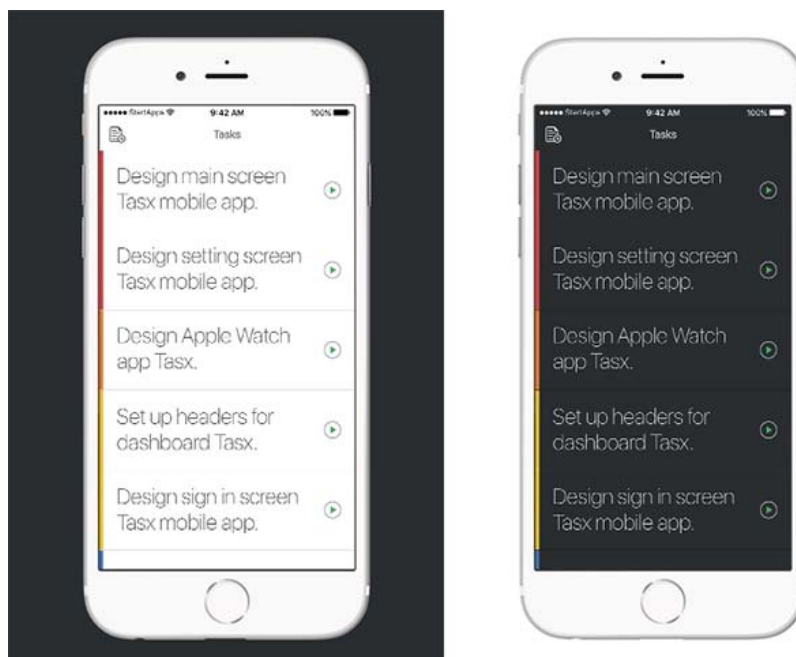
## *Dark mode for poor visibility in strong light environments*

For situations where the amount of outside light is too abundant, such as when you use a device outside in the sun, reading the text in the dark background will become much more difficult, which in turn can work. Negative action to the eye.

Besides, reading small fonts on a dark background is also a bigger challenge than a light background, so for those who often have to read long text, the dark background will not be a reasonable choice.

From the above factors, it can be clearly seen that both the dark background and the traditional light background contain its own advantages and disadvantages. Depending on the situation, the choice to use this mode is more reasonable than the other. After all, the greatest benefit of software developers in providing users with a dark background mode is nothing other than providing more useful options based on practical needs, thereby raising High user experience for products.

### 1. How to bring Dark Mode to old macOS versions



*Dark background and light background all have their own advantages / disadvantages, depending on each specific case*

Do you often use dark background mode on apps? How do you feel after using it? Please share your comments in the comment section below!

You finished reading the article "**What is the dark mode (dark mode)? Benefits and harms that dark background mode brings?**" 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.