

Blue Light

Source: <https://www.allaboutvision.com/cvs/blue-light.htm>

What is it? Blue light is a part of the visible light spectrum, with the shortest wavelengths and highest energy. Blue light comes from many sources including your monitors.

Problem: Blue light scatters more easily than other visible light. When you're looking at screens that emit significant amounts of blue light, such as your monitors, this unfocused visual "noise" reduces contrast and can contribute to eye strain.

A solution: Turn on the night light mode and your display will show warmer colors that may be easier on your eyes. Use the slider to add a slight amount of yellow/orange tint. This can help to help increase contrast and reduce eye strain.

Activating Night Light Mode - Windows 10

Source: <https://support.microsoft.com/en-us/help/4027563/windows-10-set-your-display-for-night-time>

1. Select **Start > Settings > System > Display > Night light settings**.

Move the slider to find a slightly warmer color that you prefer. Change the time settings so that it is on when you are working.

