BILL'S HOME TECH

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Dark Mode & Night Shift to Ease Eye Strain

Soften harsh white screens and warm the light in the evening so your eyes relax

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Tech Made Simple. Service Made Personal.

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SUMMARY

The 60-Second Version

Two settings ease screen glare: Dark Mode turns bright backgrounds dark with light text, and Night Shift (Night Light on Windows, Eye comfort shield on some Androids) warms the color in the evening. Turn on Dark Mode under Display & Brightness (iPhone), Display (Android), Personalization, Colors (Windows), or Appearance (Mac), and schedule both for sunset to sunrise so they happen automatically.

Lower the brightness to match the room — a screen brighter than its surroundings is the biggest strain — and use Reduce White Point (iPhone) or Extra dim (Android) if the lowest brightness is still too much. Comfort is personal, so keep what your eyes prefer.

1 The Short Version

Two simple settings ease the glare of modern screens. Dark Mode flips the bright white backgrounds to dark, with light text, so the screen gives off far less light. Night Shift (and its cousins) gradually warms the screen's color in the evening, trading harsh blue-white for a gentle amber, which many people find easier on the eyes and kinder before bed.

Both are built in, both change nothing about how your apps work, and both can be set to switch on and off automatically at sunset and sunrise so you never have to think about them again.

- Dark Mode makes backgrounds dark and text light, reducing glare.
- Night Shift warms the screen's color in the evening.
- Both can be scheduled to happen automatically from sunset to sunrise.
- They are free, built in, and easy to turn off if they are not for you.

TIP

Try scheduling both to come on automatically in the evening rather than flipping them by hand. Set it once and your screens simply soften themselves as the day ends — you will barely notice the change happening.

2 Why Bright Screens Tire the Eyes

Screens glow with their own light, and a page of bright white is like staring at a small lamp. In a well-lit room that is fine, but in a dim room or in the evening, the contrast between a glaring screen and the darkness around it makes your eyes work hard and can leave them tired and dry.

The blue-white light of a screen can also feel harsh late at night and, for some people, make it harder to wind down before sleep. Warming the color and dimming the glare in the evening simply makes the screen fit the room and the hour, which is gentler all round.

GOOD TO KNOW

Comfort is personal here. Many people love dark mode; some find dark backgrounds harder to read. The honest answer is to try it for a few days and keep what feels better to your eyes — there is no single right setting for everyone.

3 Turn On Dark Mode: iPhone and iPad

On an iPhone or iPad, Dark Mode changes the whole phone — menus, messages, settings — to a dark background with light text, and it takes effect instantly so you can see if you like it.

1. Open Settings, tap Display & Brightness.
2. Under Appearance, tap Dark.
3. The whole phone shifts to dark; tap Light to switch back if you prefer.

4. To have it switch automatically, turn on Automatic and set it to Sunset to Sunrise.

> **GOOD TO KNOW**
> Setting Appearance to Automatic, Sunset to Sunrise, gives you light mode by day and dark mode in the evening without lifting a finger. It is the setting most people settle on once they have tried both.

4 Turn On Dark Mode: Android

Android phones have the same Dark Mode (sometimes called Dark theme), which darkens the whole phone and most apps.

1. Open Settings, tap Display.
2. Turn on Dark theme (or Dark mode).
3. Look for a Schedule option to turn it on automatically from sunset to sunrise.
4. Most apps follow this setting automatically.

> **GOOD TO KNOW**
> On many Android phones, dark mode also saves a little battery on certain screens, because a dark screen uses less power than a bright white one. A small bonus on top of the comfort.

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5 Turn On Dark Mode: Windows

Windows has a dark mode that darkens the menus, settings, and many programs, softening the glare of the whole computer.

1. Open Settings, click Personalization, then Colors.
2. Set “Choose your mode” to Dark.
3. The taskbar, menus, and settings turn dark; many apps follow.
4. Switch back to Light the same way if you prefer.

> **TIP**
>
> Some older programs stay light even in dark mode, which is normal — they were made before dark mode existed. The main parts of Windows and most modern apps will darken, which is where most of the glare comes from anyway.

6 Turn On Dark Mode: Mac

A Mac offers a polished dark mode that suits the whole system and most apps, with an automatic option that follows the time of day.

1. Open System Settings, click Appearance.
2. Choose Dark, or choose Auto to switch with the day.
3. The menus, windows, and Dock turn dark.
4. Most Apple apps and many others follow along.

> **GOOD TO KNOW**
>
> The Auto setting on a Mac is lovely — light and crisp during the day, soft and dark in the evening, changing on its own. For most people it is the most comfortable choice over a whole day of use.

7 Warm the Evening Light: Night Shift on iPhone

Night Shift is separate from Dark Mode. Instead of changing the colors of the screen's backgrounds, it warms the overall tint, shifting the harsh blue-white toward a soft amber as evening comes.

1. Open Settings, tap Display & Brightness, then Night Shift.
2. Turn on Scheduled and choose Sunset to Sunrise.

3. Drag the warmth slider toward the warmer end until it is comfortable.
4. The screen now warms itself each evening automatically.

> **TIP**
> Night Shift and Dark Mode work beautifully together — dark backgrounds to cut the glare, warm color to soften the light. Turning both on with a sunset schedule is the gentlest evening setup there is.

8 Warm the Evening Light: Night Light on Windows

Windows calls the same idea Night Light. It warms the screen's color in the evening to ease the strain of staring at a bright blue-white display after dark.

1. Open Settings, click System, then Display.
2. Turn on Night light.
3. Click Night light settings to set the warmth strength and a schedule (sunset to sunrise).
4. The display warms up each evening on its own.

> **GOOD TO KNOW**
> Night Light's strength is adjustable, so you can go from a barely-there warmth to a strong amber. Start gentle; a little warmth eases the eyes without making photos look odd.

9 Warm the Evening Light: Android and Mac

Android and the Mac have their own versions of the warm-evening-light feature, each easy to schedule.

- Android: Settings, Display, then Night Light or Eye comfort shield — turn it on and schedule it.

- Mac: System Settings, Displays, then Night Shift — schedule it sunset to sunrise and set the warmth.
- Both warm the color in the evening and return to normal by day.
- On Samsung it is often called Eye comfort shield, under Display.

> **TIP**
>
> Whatever it is called on your device — Night Shift, Night Light, Eye comfort shield — it is the same helpful idea. Schedule it for sunset to sunrise and it simply takes care of itself every evening.

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10 Dim the Brightness, Especially at Night

Dark mode and warm color help, but a screen that is simply too bright for the room is the most common cause of tired eyes. Turning the brightness down to match the room is quick and effective.

1. Swipe to the brightness slider (Control Center on iPhone, quick settings on Android) and lower it.
2. Turn on automatic brightness so the screen adjusts to the room: iPhone, Accessibility, Display & Text Size, Auto-Brightness; Android, Display, Adaptive brightness.
3. On a computer, use the brightness keys or the display settings to lower it in a dim room.
4. In the evening, lower it further — a dim room needs a dim screen.

WATCH OUT

A screen that is much brighter than the room around it is the biggest strain of all. If your eyes ache in the evening, turning the brightness well down usually helps more than any color setting.

11 Extra Dimming for Very Sensitive Eyes

If even the lowest brightness is still too much — common for sensitive or light-bothered eyes — phones can dim further than the normal slider allows.

- iPhone: Settings, Accessibility, Display & Text Size, Reduce White Point lowers the intensity of bright colors.
- iPhone: the Zoom feature has a low-light filter that can dim the screen beyond normal.
- Android: Settings, Accessibility, Extra dim turns the screen down below the usual minimum.
- These are ideal for reading in a dark room or for eyes that find any glare painful.

GOOD TO KNOW

The “Extra dim” (Android) and “Reduce White Point” (iPhone) settings go below the normal brightness floor, which is a real help if the lowest standard brightness still feels like a lamp in your face at night.

12 Dark Mode in Books, Browsers, and Apps

Some of the screens you read most — books, web pages, email — have their own dark settings, so you can make the places you read the gentlest of all.

- Reading apps (Kindle, Books): tap the Aa or text options and choose a dark or black page.
- Web browsers often follow the system dark mode, or offer a reading view with a dark background.

- Email and notes apps usually follow the phone's dark mode automatically.
- Pick a dark page with light text for long reading sessions in dim light.

> **TIP**
> A black page with soft white or cream text is wonderfully easy on the eyes for reading in bed. Set your reading app that way and a late chapter stops feeling like staring into a flashlight.

13 Fine-Tune to Your Own Eyes

These settings are all about comfort, which is personal, so the right combination is simply the one that feels best to you after a few days of normal use.

- If dark backgrounds feel harder to read, keep light mode by day and just use warm color and lower brightness.
- If the glare is the problem, dark mode plus lower brightness is the strongest fix.
- Schedule everything for sunset to sunrise so your screens soften on their own.
- Give any change a few days — eyes adjust, and first impressions can mislead.

> **GOOD TO KNOW**
> There is no medal for using dark mode or for avoiding it. The whole point is comfort, so trust your own eyes: keep what relaxes them and drop what does not, and let the schedule do the rest.

14 When to Call Bill

Each of these is a simple switch, but setting them all up across your phone, tablet, and computer — dark mode, warm evening light, sensible brightness, and the automatic schedule — so everything softens together at the right time of day is a quick, satisfying job to do with someone.

I come to you, turn on dark mode and Night Shift where you want them, schedule them for sunset to sunrise, set the brightness to suit your rooms, and add the extra

dimming if your eyes are sensitive. You will leave with screens that are easy to look at morning and night, without a single thing to remember.

- You want dark mode and warm evening light set up on all your screens.
- Your screens feel glaring, especially at night, and you want them softened.
- Even the lowest brightness is too bright and you need extra dimming.
- You would like it all to happen automatically at sunset and sunrise.

CHEAT SHEET

Everyday Cheat Sheet

Keep this handy. Turn on dark mode and warm evening light, then schedule both for sunset to sunrise.

I want to...	Do this...
Dark mode (iPhone)	Settings Display & Brightness Appearance Dark (or Automatic)
Dark mode (Android)	Settings Display Dark theme on, with a schedule
Dark mode (Windows/Mac)	Windows: Personalization Colors Dark. Mac: Appearance Dark/Auto
Warm evening light (iPhone)	Display & Brightness Night Shift Scheduled, Sunset to Sunrise
Warm evening light (Windows)	Settings System Display Night light schedule it
Dim below the minimum	iPhone: Reduce White Point. Android: Extra dim
Get help	Call Bill: (330) 200-8042

BEFORE YOU GO

A Note From Bill

A quick note from Bill. I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results.

HOW I CAN HELP

Your Visit — and My Promise

You don't have to remember all of it — just that a friendly, patient person is one call away, whenever you'd rather have a hand.

KEY SPECS

In your home — $99 flat for the first visit, no contracts and no surprises, with a 30-day come-back-free follow-up. In-home visits cover Portage County, Ohio and nearby communities.
Outside the area? Remotely — $49 for a screen-share session (free for Support Plan members, $39/mo), refundable if I can't fix it — and credited toward a visit if you'd rather have me in person. Book either at billshometech.com/book.

GOOD TO KNOW

My promise — If you're not 100% satisfied with your visit, I'll come back at no charge, or refund the full $99. No questions, no awkwardness. That's how I'd want to be treated.

Whenever you're ready, I'll come to your home anywhere in Portage County, Ohio and nearby communities, at your pace. Too far for a house call? I also help remotely. Book at billshometech.com/book or call (330) 200-8042. — Bill

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