BILL'S HOME TECH

Home & Small Business Tech Solutions

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Reduce Motion & Flashing for Comfort

Calm the sliding, zooming, and flashing on your screens if it makes you dizzy or tired

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SUMMARY

The 60-Second Version

If screens make you dizzy, queasy, or tired, the movement is likely the cause — and it can be calmed. Turn on Reduce Motion (iPhone/Mac: Accessibility, Motion/Display), Remove animations (Android), or turn off Animation effects (Windows, Accessibility, Visual effects), so screens fade gently instead of sliding and zooming. Turn off autoplay in your browser and apps so videos stop lurching into motion, turn on Dim Flashing Lights (iPhone) if strobing bothers you, and choose a plain still wallpaper.

If you get carsick reading as a passenger, the iPhone's Vehicle Motion Cues feature can help.

1 The Short Version

Modern screens are full of movement: windows zoom open, pages slide and bounce, icons wobble, backgrounds drift. For many people that motion is invisible, but for others it causes genuine dizziness, nausea, headaches, or simply a tired, unsettled feeling. There is a setting called Reduce Motion that calms all of it, so screens change with a gentle fade instead of a lurch.

Alongside it, you can stop videos from playing on their own and dim harsh flashing. None of this removes anything you need; it just makes the screen behave calmly. If screens have ever made you feel off, this is for you.

- Reduce Motion replaces sliding and zooming with gentle fades.
- You can stop videos and backgrounds from moving on their own.
- Flashing and strobing can be dimmed or filtered.
- It all makes screens calmer without removing anything useful.

TIP

If screens leave you queasy or worn out, turn on Reduce Motion first and live with it for a day. Many people are surprised how much calmer and less tiring their phone feels once the constant sliding and zooming stops.

2 Why Motion and Flashing Can Make You Feel Unwell

Your sense of balance expects the world to move only when you move. When a screen slides and zooms while you sit still, your eyes report motion that your body does not feel, and for some people that mismatch causes the same queasy, dizzy feeling as car sickness. Flashing and strobing can trigger headaches or migraines, and busy, drifting backgrounds can make it hard to focus.

This is a real and recognized thing, not fussiness. It is why the makers of phones and computers built the Reduce Motion setting in the first place. Turning it on is simply telling the screen to stop moving in ways that unsettle you.

GOOD TO KNOW

People prone to motion sickness, vertigo, or migraines are the most likely to feel this, but anyone can find constant screen motion tiring. If your eyes feel worn out after using the phone, reducing motion often helps even if you never felt dizzy.

3 Reduce Motion on iPhone and iPad

The iPhone's Reduce Motion setting calms the zooming and sliding throughout the whole phone, replacing it with soft fades that are far gentler on the eyes and the stomach.

1. Open Settings, tap Accessibility.
2. Tap Motion.

3. Turn on Reduce Motion.
4. You can also turn off “Auto-Play Message Effects” and limit other movement here.

> **TIP**
> With Reduce Motion on, opening and closing apps fades gently instead of zooming in and out. It is a subtle change you stop noticing, but the queasy lurch goes away — which is exactly the point.

4 Reduce Motion on Android

Android phones can turn off or shorten their animations, which calms the sliding and zooming as you move around the phone.

1. Open Settings, tap Accessibility.
2. Look for Remove animations, or Reduce motion.
3. Turn it on to replace or shorten the on-screen movement.
4. Some phones also have animation controls under Developer options, but the Accessibility switch is all most people need.

> **GOOD TO KNOW**
> Turning off animations on Android has a happy side effect: the phone often feels faster, because it is not spending a moment on each little sliding effect. Calmer and snappier at once.

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5 Reduce Motion on Windows

Windows can switch off the animation effects that slide and fade windows and menus, steadying the whole computer.

1. Open Settings, click Accessibility, then Visual effects.
2. Turn off Animation effects.
3. This stops windows and menus from sliding and fading as they open and close.
4. You can also turn off background slideshow wallpapers that drift or change.

> **TIP**
>
> Turning off animation effects in Windows makes windows snap open instantly instead of sliding. If the movement bothered you, this makes the computer feel both calmer and more direct.

6 Reduce Motion on a Mac

A Mac has a Reduce Motion setting that quiets the zooming and sweeping effects as you switch between apps and spaces.

1. Open System Settings, click Accessibility, then Display.
2. Turn on Reduce motion.
3. Switching apps and desktops now fades gently instead of sweeping across.
4. Turn on Reduce transparency too if drifting, see-through panels bother you.

> **GOOD TO KNOW**
>
> On a Mac, the sweeping side-to-side motion when you switch desktops is a common cause of that unsettled feeling. Reduce Motion turns it into a calm fade, which many people find a real relief.

7 Stop Videos From Playing on Their Own

Much unwanted motion comes from videos and animations that start playing by themselves — in news feeds, on shopping sites, in social media. Turning off autoplay stops the screen from moving until you choose to play something.

- In your web browser's settings, look for an autoplay option and set it to block or ask.
- On social media and video apps, look in their settings for “autoplay” and turn it off.
- This stops videos from lurching into motion as you scroll past them.
- It also saves data and battery, since videos only play when you want them.

TIP

Turning off autoplay is one of the most calming changes you can make, because it stops the screen from bursting into motion every time you scroll past a video. Nothing moves until you tap play.

8 Dim Harsh Flashing and Strobing

If flashing or strobing in videos is uncomfortable or could trigger a headache, recent iPhones can dim those flashes automatically while you watch.

1. Open Settings, tap Accessibility, then Motion.
2. Turn on Dim Flashing Lights.
3. The phone softens strobing and rapid flashes in videos as they play.
4. On other devices, lowering the screen brightness also takes the edge off flashing.

WATCH OUT

If flashing lights have ever caused you a headache, migraine, or worse, this setting is well worth turning on. It cannot catch every flash, so if you are sensitive, it is also wise to look away from strobing scenes.

9 Calm Busy Backgrounds and Effects

Drifting wallpapers, moving backgrounds, and see-through blur can all add to the sense of busyness. Settling them makes the screen feel still and restful.

- Choose a plain, still wallpaper rather than a moving or “live” one.
- Turn on Reduce Transparency (iPhone/Mac) so panels are solid, not drifting and see-through.
- Turn off any “perspective zoom” or parallax effect that makes the wallpaper shift as you tilt the phone.
- Keep the home screen simple, so there is less movement competing for your eye.

GOOD TO KNOW

The “parallax” effect, where the wallpaper shifts slightly as you tilt the phone, is a surprising cause of that faint seasick feeling. Reduce Motion turns it off, and a plain still wallpaper keeps the background calm.

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10 Reduce Motion in Apps and the Web

Beyond the system settings, many apps and websites respect your Reduce Motion choice and calm their own animations automatically once you have it on.

- With Reduce Motion on, many apps quiet their own bouncing and sliding too.
- Browsers often reduce web-page animations when the system setting is on.
- Use Reader View on web pages to strip out moving ads and effects entirely.
- If one app is still too busy, check its own settings for a motion or animation option.

TIP

Reader View in your browser does double duty here — it removes not just clutter and pale text but also the moving ads and animations, leaving a still, calm page you can read in peace.

11 Help for Motion Sickness in the Car

If you feel carsick reading your phone as a passenger, recent iPhones have a feature that eases it by showing gentle moving dots at the edges of the screen that match the car's motion, settling the mismatch your inner ear feels.

1. Open Settings, tap Accessibility, then Motion.
2. Turn on Show Vehicle Motion Cues (or set it to Automatic so it appears only in a moving vehicle).
3. Small dots at the screen's edges drift with the car's movement.
4. This can reduce the queasiness of reading while riding.

GOOD TO KNOW

Vehicle Motion Cues is a clever answer to an old problem — the dots give your eyes the motion your body is feeling, so reading in the car is less likely to turn your stomach. It is worth trying if you have always been a poor passenger-reader.

12 Calm the TV and Streaming Screens

The television has moving parts too — drifting screensavers, sliding menus, and the fast transitions in streaming apps — and if screen motion unsettles you, it is worth calming those as well so the living room is restful.

- Choose a still screensaver, or a slow photo slideshow, rather than a drifting or flying one, in the TV's or streaming box's settings.
- Turn off any “motion smoothing” or “motion” picture setting if fast movement in shows bothers you — it often looks more natural off anyway.

- On an Apple TV, the aerial screensavers glide and swoop; switch to a still photo screensaver if that is unsettling.
- Lower the brightness in the evening so bright, fast scenes are gentler.

You cannot change how a show itself is filmed, but the menus, screensavers, and picture-smoothing are all under your control. Settling them makes the whole experience of turning on the TV calmer, before a single program starts.

TIP

The “motion smoothing” setting (sometimes called the “soap-opera effect”) makes movement look oddly fast and artificial, which bothers many people. Turning it off in the TV's picture settings often makes shows both calmer and more natural to watch.

13 Fine-Tune to What Settles You

As with all comfort settings, the right choices are the ones that make screens feel calm to you. Turn on the main ones and adjust from there.

- Reduce Motion is the big one — turn it on everywhere first.
- Add autoplay-off to stop videos lurching into motion.
- Dim flashing if strobing bothers you, and use a still wallpaper.
- Give it a day; the calm is subtle but your eyes and stomach will notice.

GOOD TO KNOW

You may not need every setting — most people find Reduce Motion plus autoplay-off does the job. Turn on what helps and leave the rest; the goal is simply a screen that stops moving in ways that unsettle you.

14 When to Call Bill

These settings live in several different places and are easy to miss, so if screens make you feel unwell it is well worth having them all turned on properly in one go rather than hunting for them while already queasy. It is a quick, kind thing to set up together.

I come to you, turn on Reduce Motion across your phone, tablet, and computer, stop videos autoplaying, dim the flashing, settle the backgrounds, and set up the car motion cues if you read as a passenger. You will leave with screens that feel calm and still instead of restless.

- Screens make you feel dizzy, queasy, or worn out and you want the motion calmed.
- Flashing videos are uncomfortable and you want them dimmed.
- Videos autoplaying everywhere unsettle you and you want them stopped.
- You get carsick reading your phone and want the motion-cue feature set up.

CHEAT SHEET

Everyday Cheat Sheet

Keep this handy. Turn on Reduce Motion first — it calms the sliding and zooming everywhere.

I want to…	Do this…
Calm the motion (iPhone)	Settings Accessibility Motion Reduce Motion
Calm the motion (Android)	Settings Accessibility Remove animations / Reduce motion
Calm the motion (Windows)	Settings Accessibility Visual effects Animation effects off
Calm the motion (Mac)	System Settings Accessibility Display Reduce motion
Stop videos autoplaying	Turn off autoplay in your browser and video-app settings
Dim harsh flashing	iPhone: Accessibility Motion Dim Flashing Lights
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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