

PROTECTING YOUR EYES THROUGH MONITOR SETTINGS

Adjusting your monitor settings can significantly reduce eye strain and fatigue. Here's how to optimize your settings:

1. ADJUST BRIGHTNESS & CONTRAST

- Set brightness to match the ambient lighting in your room (not too bright or too dim).
- Contrast should be high enough to make text stand out without causing strain (typically 60-80%).

2. ENABLE BLUE LIGHT FILTER (NIGHT MODE)

- Blue light can cause eye strain and disrupt sleep. Enable Night Light in Windows or Night Shift on macOS.
- You can also use apps like f.lux or built-in monitor settings (look for "Low Blue Light" mode).

3. ADJUST COLOR TEMPERATURE

- Warmer tones (yellowish) reduce eye strain compared to cooler (bluish) tones.
- Set color temperature to around 5000K-6500K for a comfortable balance.

4. INCREASE TEXT SIZE & DPI

- Avoid squinting by increasing text size.
- On Windows: Settings > Display > Scale and Layout
- On macOS: System Preferences > Displays > Resolution

5. SET THE RIGHT REFRESH RATE

- A low refresh rate can cause flickering and strain. Set it to at least 60Hz, but 120Hz+ is ideal.
- Windows: Settings > Display > Advanced Display Settings
- macOS: System Preferences > Displays > Refresh Rate

6. OPTIMIZE SCREEN POSITION & DISTANCE

- Keep the monitor at arm's length (about 20-30 inches) from your eyes.
- The top of the screen should be at or just below eye level to reduce neck strain.

7. ENABLE DARK MODE & REDUCE GLARE

- Dark mode can help, especially in low-light environments.
- Use anti-glare screen protectors or position the monitor to avoid direct light reflection.

8. USE THE 20-20-20 RULE

- Every 20 minutes, look at something 20 feet away for 20 seconds to reduce eye fatigue.