



How to use a blue light filter on a PC or Mac

Windows 10 and MacOS have recently gained their own special blue light limiting features

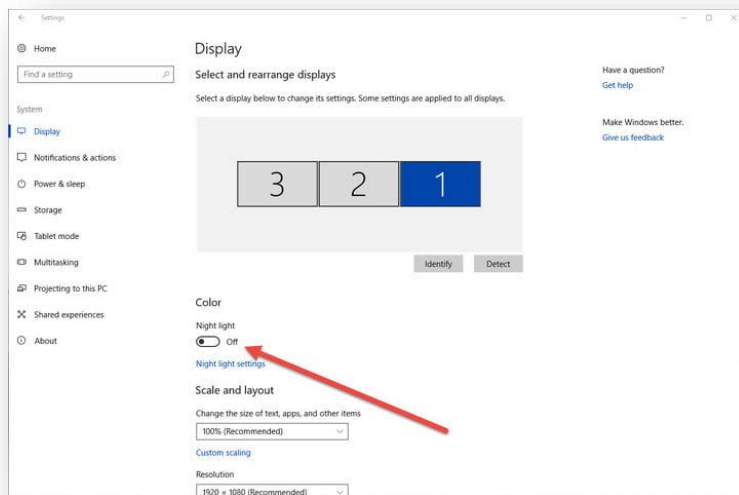
Windows 10

Microsoft added a blue light limiting feature to Windows 10 in the [Creators Update that was released in April 2017](#). Called “[Night light](#),” this feature shifts the Windows 10 display to show warmer colors that reduce the amount of blue light that’s emitted.

Turning the Night light feature on is a simple enough process.

Go to the **Action Center**  (rectangular icon) located at the end of the taskbar. Or press the **WINDOWS logo button**  + **A** or on a touchscreen device, swipe in from the right edge of the screen.

Click on **All Settings**, then click on the **System** button, and then select **Display**. Night light can be toggled on and off.

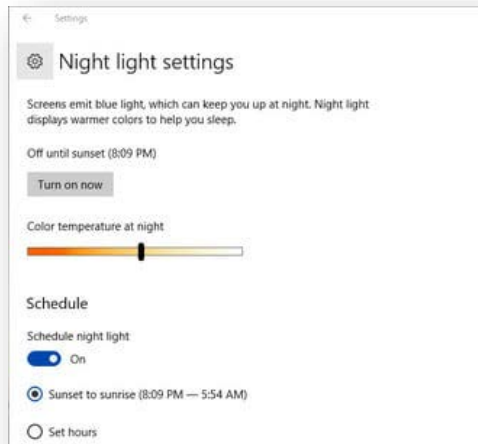


To configure the Night light feature, click on Night light settings. Configuration options include:

- the ability to turn the Night light on immediately
- adjust the color temperature while the feature is enabled,
- and schedule when the Night light will turn on and off.

To set the schedule, toggle the Schedule night light option to on. Then, you can either:

- choose to let Night light turn itself on at sunset and off at sunrise—
- or you can set the time manually by clicking **Set hours** and choosing when the feature should turn on and off.

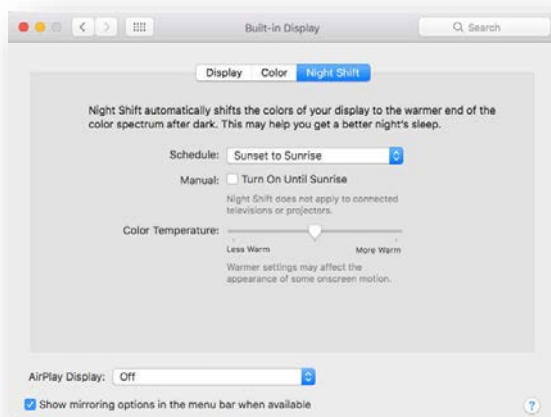


When you first turn the feature on, you'll notice the color shift immediately. After a while, your eyes will adjust to the change and it should be less intrusive.

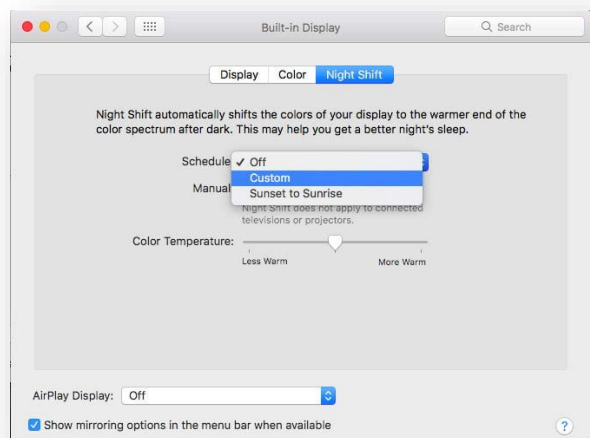
MacOS

Apple has a function named Night Shift for MacOS, with [the feature debuting in MacOS Sierra in 10.12.4](#) in March 2017.

As with Windows 10, the feature is easy enough to turn on and configure to your tastes. To get started, open **System Preferences** and select **Displays**, then click on the **Night Shift** tab.



On this settings page, you can configure when the Night Shift feature will automatically run, and set the color temperature to your preferences. In terms of scheduling, you can let MacOS turn it on and off at sunset and sunrise, or you can set a custom schedule.



Just like with Windows 10's Night light feature, Night Shift will make your display's colors warmer and reduce the amount of blue light that's emitted.