

Windows 10 has a night light setting that tones down the intensity and the brightness of the background light on your screen to decrease eye strain when working at night. Here's how to activate it.

Start () > Settings () > System > Display > Click the "Night Lite" switch to "ON"

Now click on "Night Light Settings" to adjust how your night light works.

Use the strength slider to adjust the tone of your night light.

Click the "Schedule Night Light" switch to turn on the scheduling options. You can either set the night light to come on from sunset to sunrise or customize the schedule to your own specifications.

Once you have everything adjusted the way you like you can use the "Turn on Now" switch at the top of the page to see how your new night light looks. If all is satisfactory simply close the page and you're done.