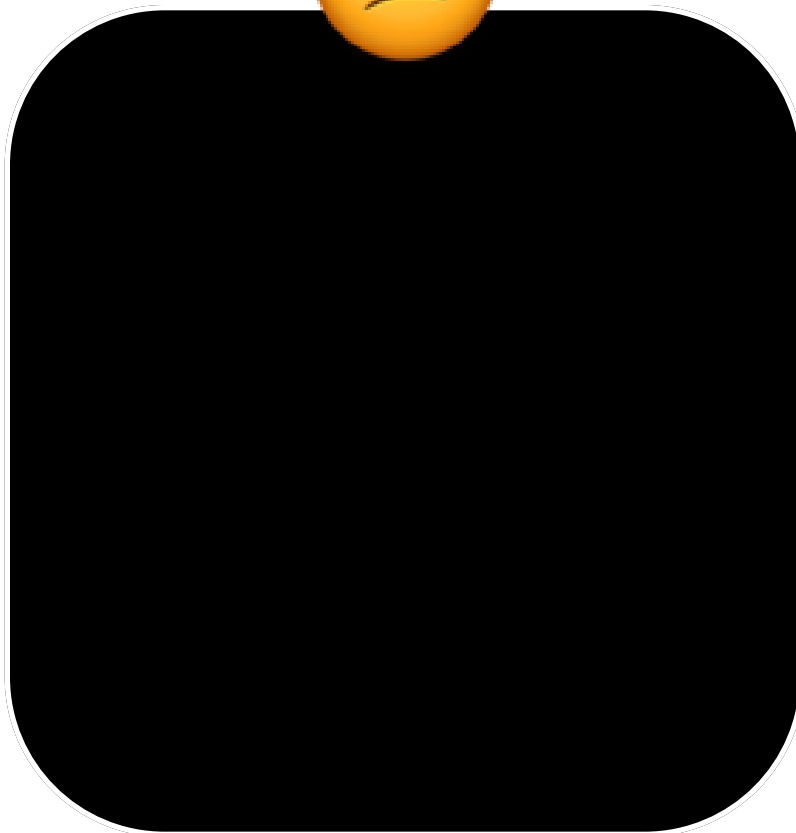


Why you should **Stop**
Using Black
in **UI Design**



#000000



#252525

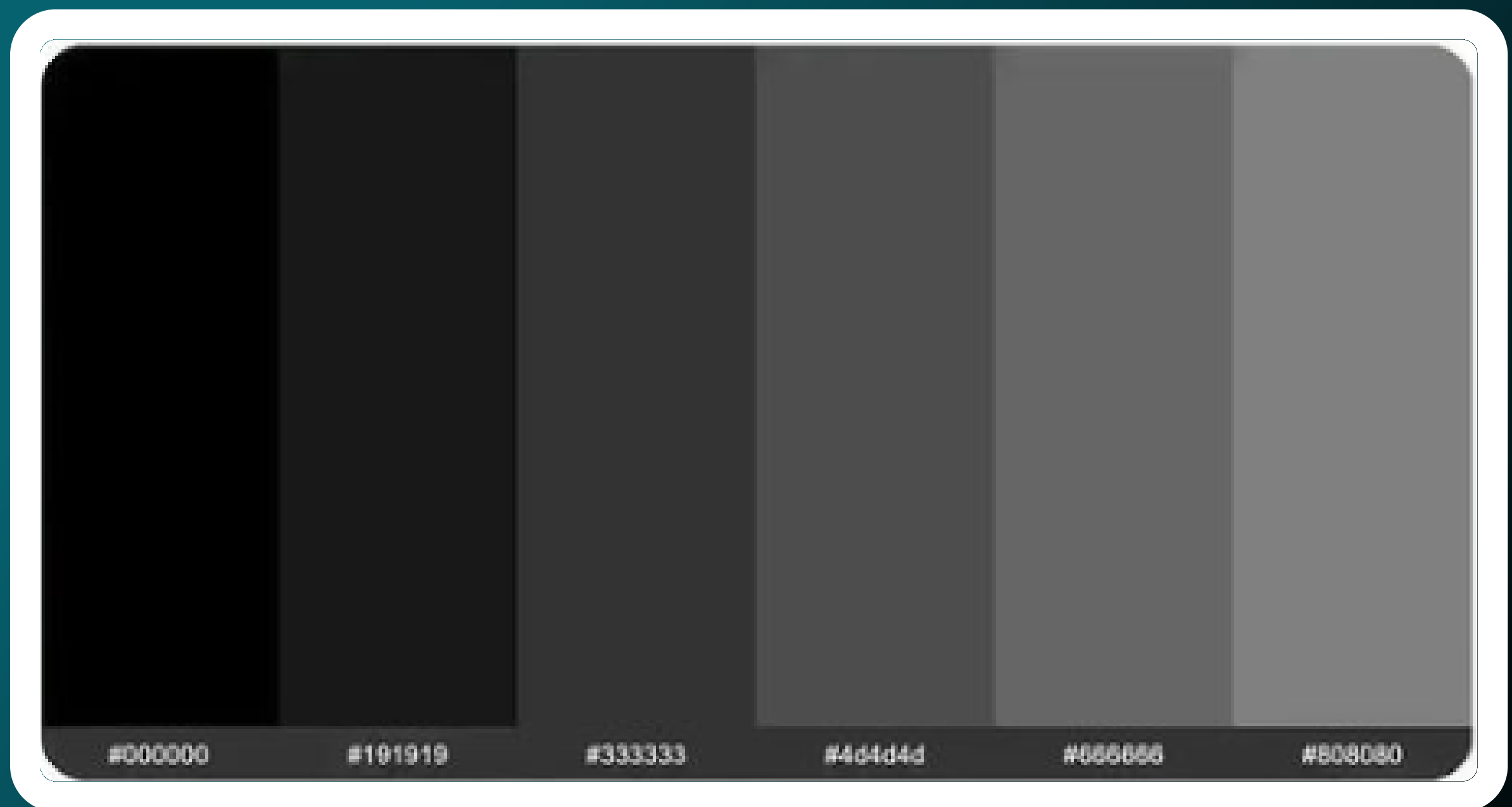
Swipe

We all love the dark theme
UI for apps and websites
but,

According to a survey, 58% of adults in the U.S. have experienced **Eye Strain** from working on computers.



Designers may help by paying attention to the **Shade Of Black** they use.



High color contrast is **Useful**
For Readability.

But



When read for **Extended Periods of Time**, pure black text on white backgrounds can strain the user's eyes.



White has 100% color brightness, and black has 0%, such a disparity creates **Intense Light Levels** that overstimulate the eyes.

So, what can **You Do** as a UI designer?

Use these,

#303030

#303030

#2B2B2B

#2B2B2B

#1F1F1F

#1F1F1F

#1B1C1E

#1B1C1E

Thank You!

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Muhammad Mubeen

designermubeen85@gmail.com