Do you know Iris?

Top 30 things you need to know about Iris

Iris Technologies Team

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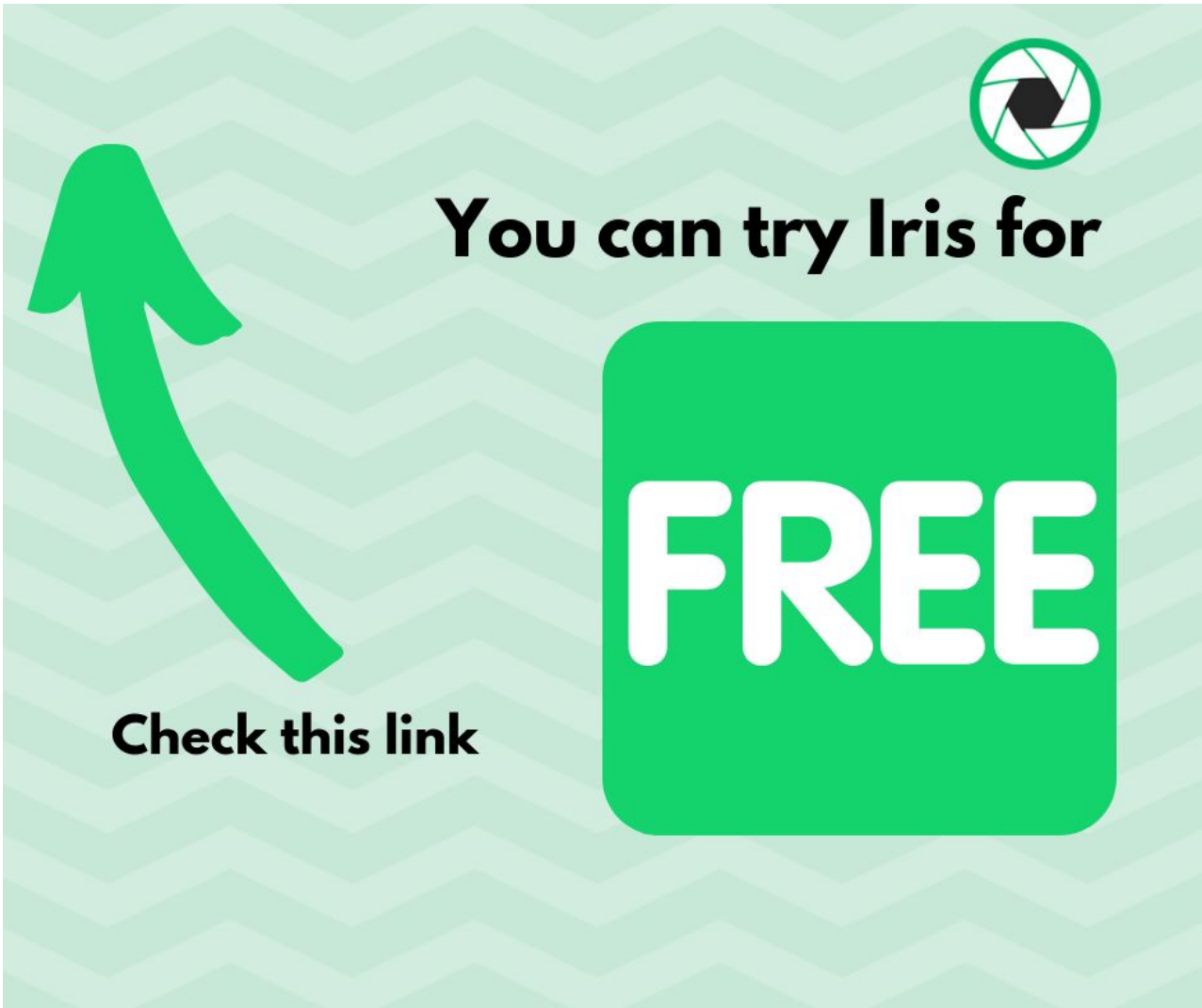
If you are already using Iris there is a high chance that you have some questions about the different kinds of settings.

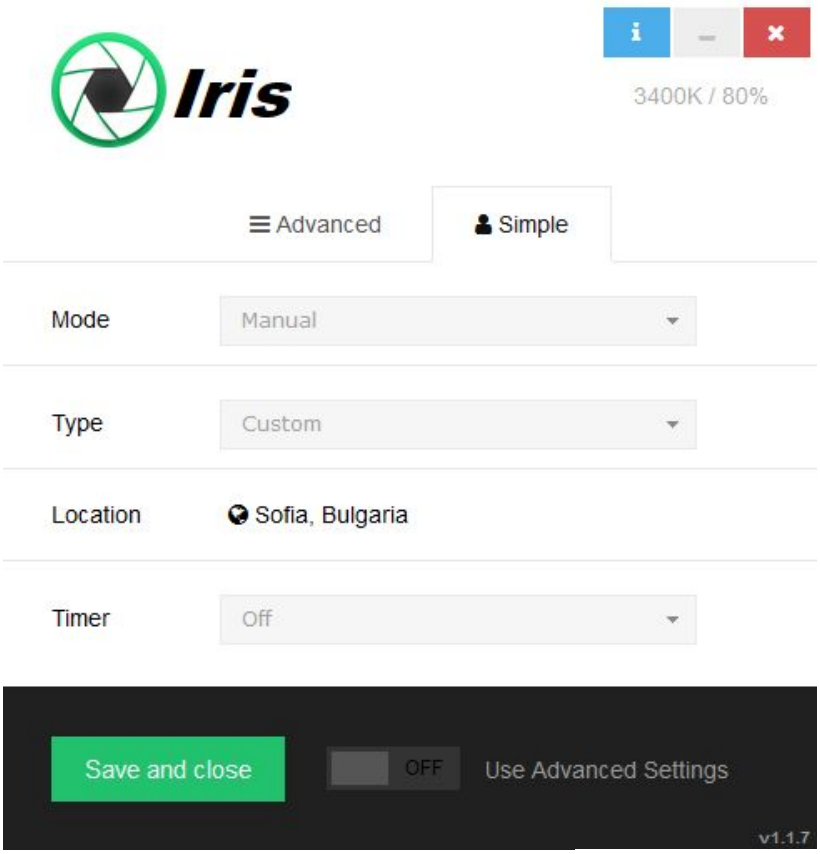
Since it’s our mission to make your life easier, now we are going to take a look at the most important things that you really need to know when it comes to Iris.

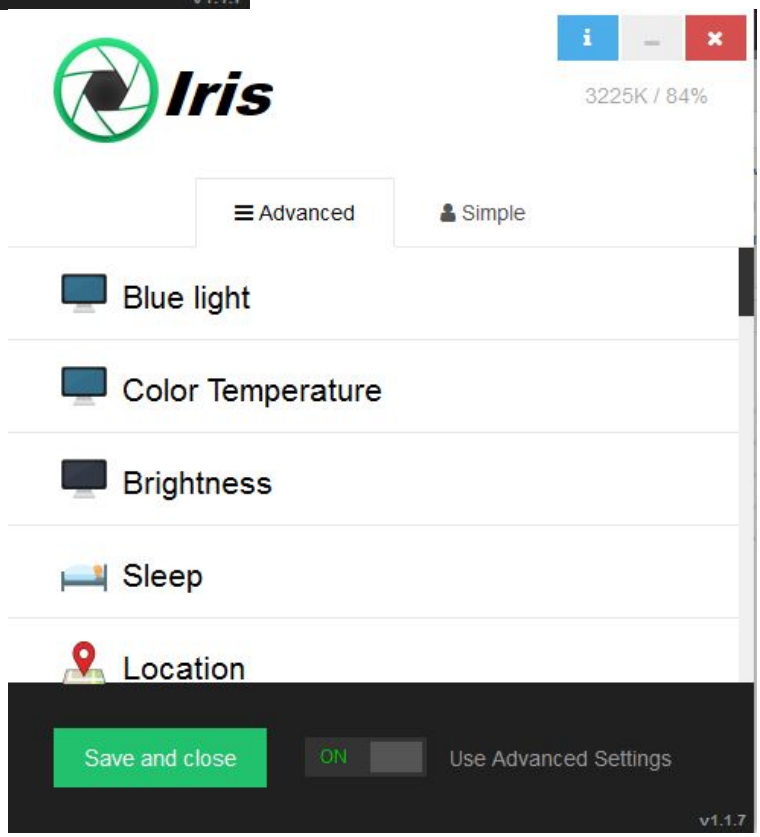
You can **Try Iris for FREE** for 7 days

Try Iris

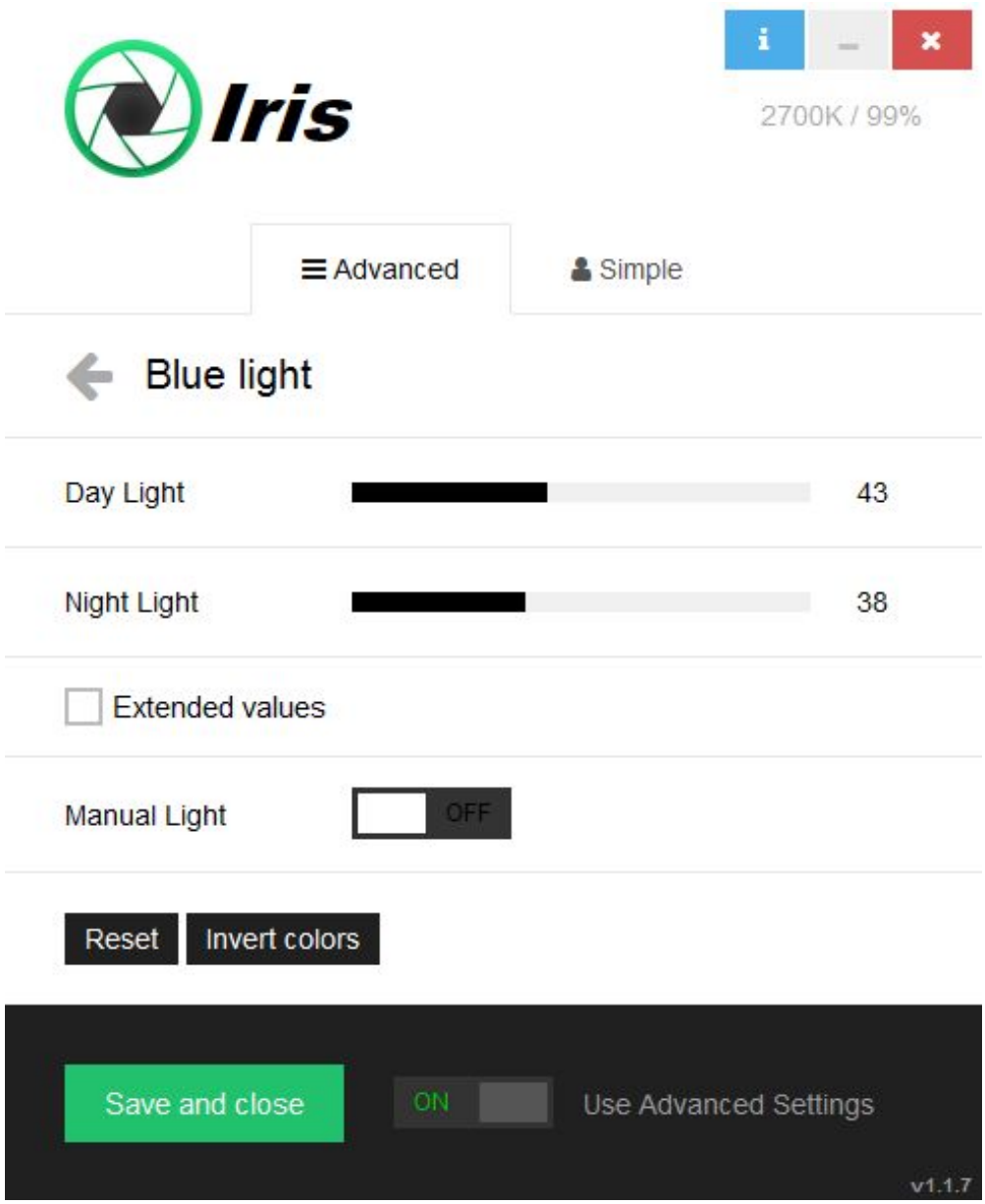


Iris has **2 views** - Simple and Advanced



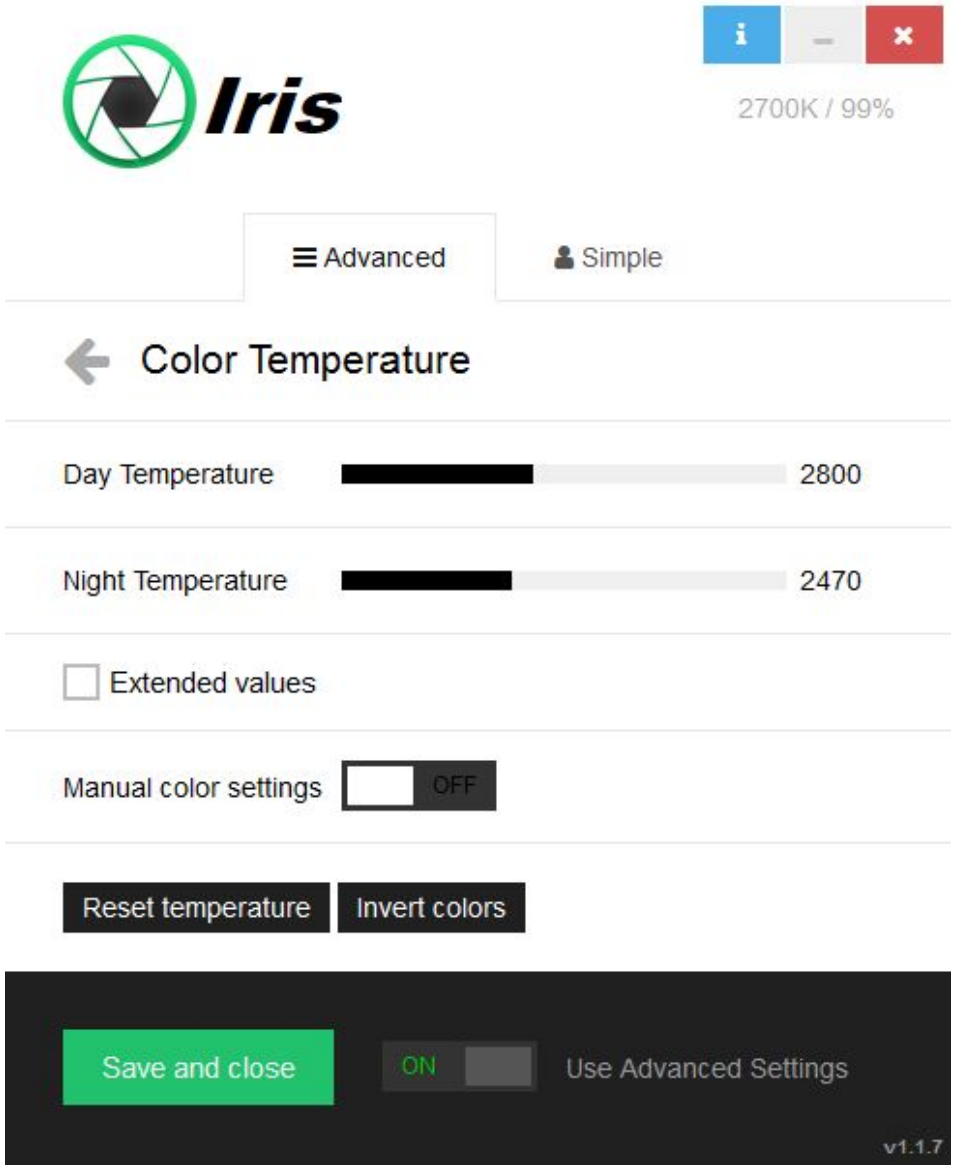


From the **Blue light** section you can control the amount of blue light from your screen



- The less the better

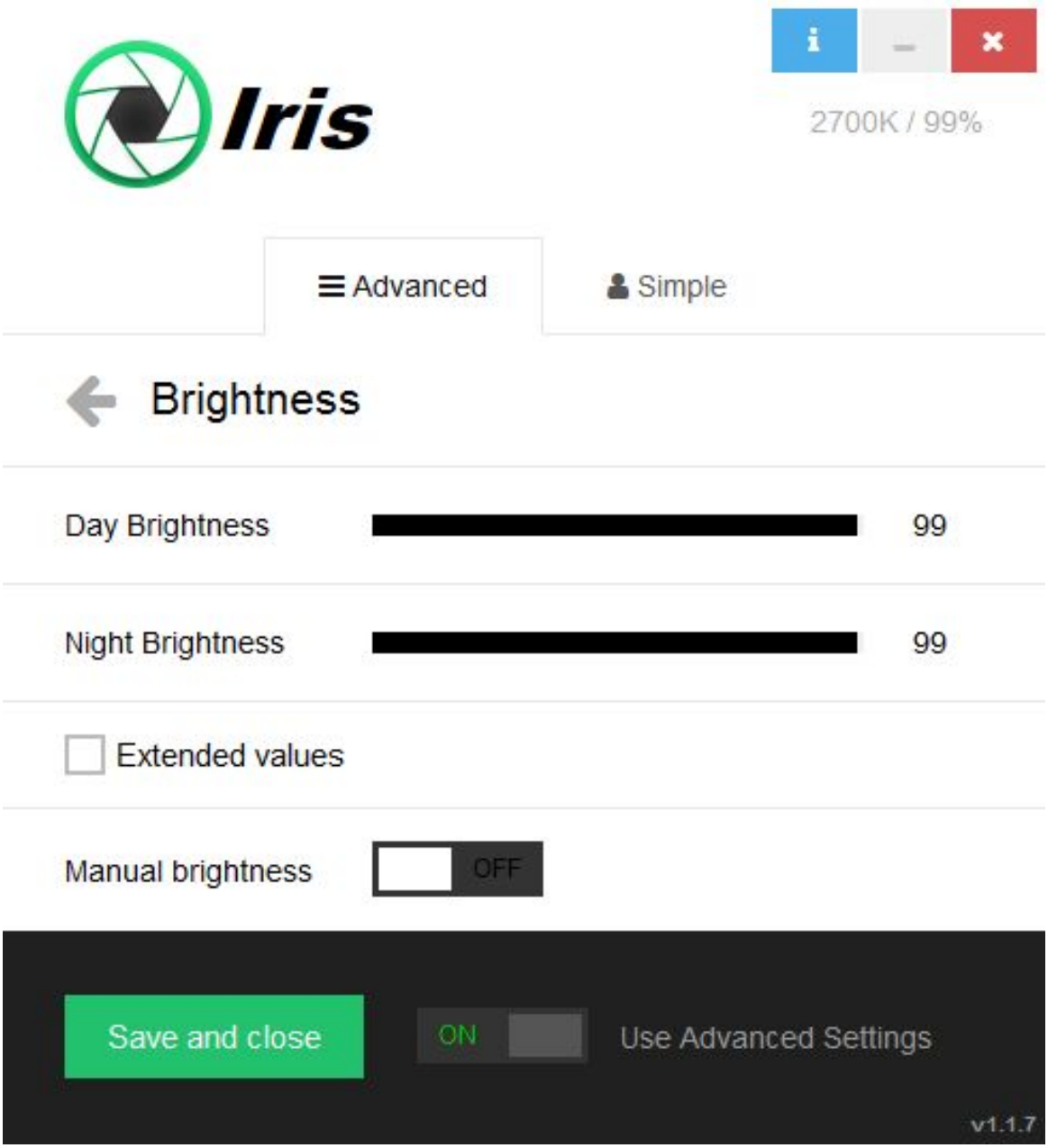
From the **Color Temperature** section you control the temperature of the light emitted from the monitor



- The warmer the better

The **Brightness** Page controls your brightness 🔆

It shouldn't be very low, the screen has to be the brightest thing in the room 🖥️

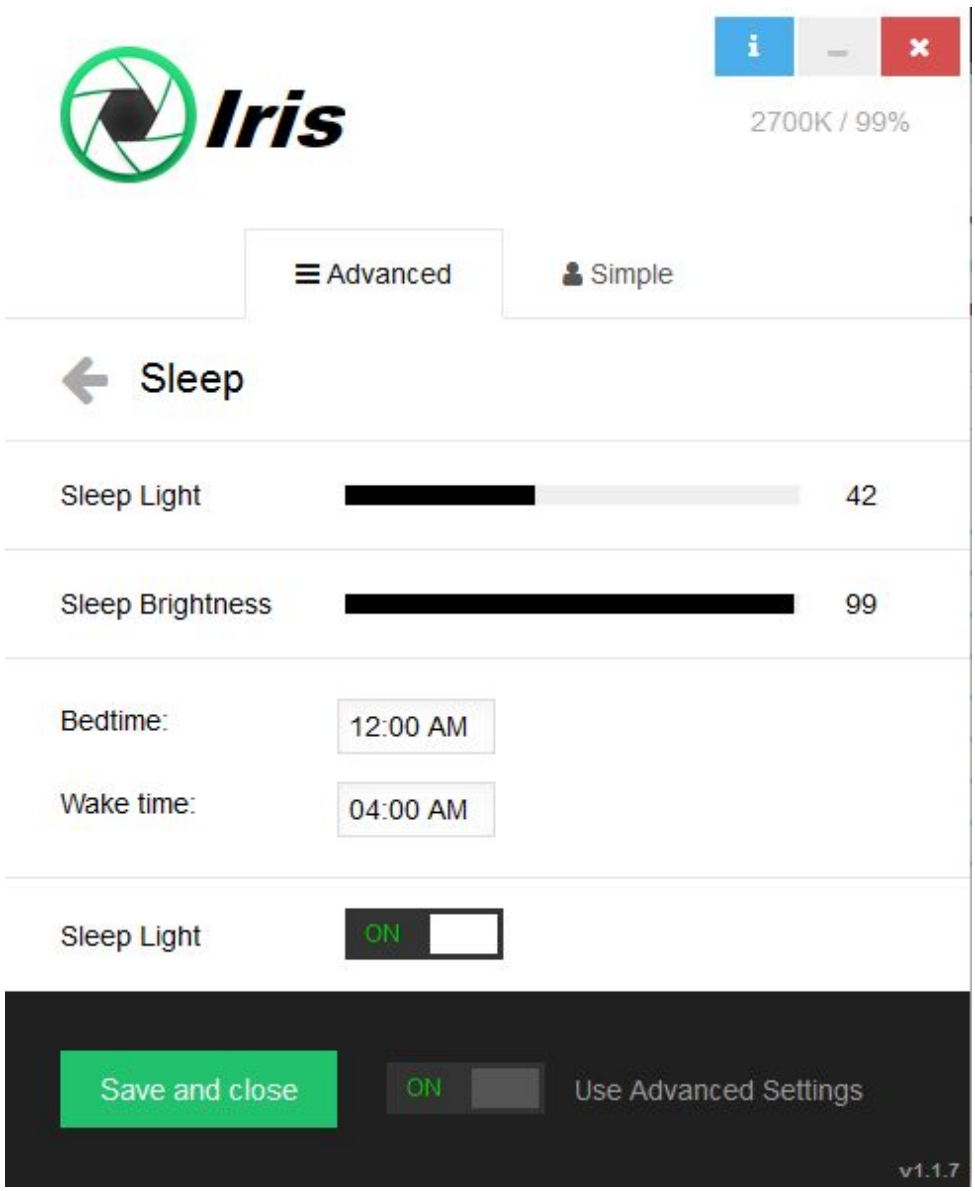


Check out our articles about:

✅ Day Brightness

✅ Night Brightness

If you have a strict daily routine 🏃 you can adjust specific values for blue light and color temperature for certain hours of the day/night from the **Sleep** Page 💻



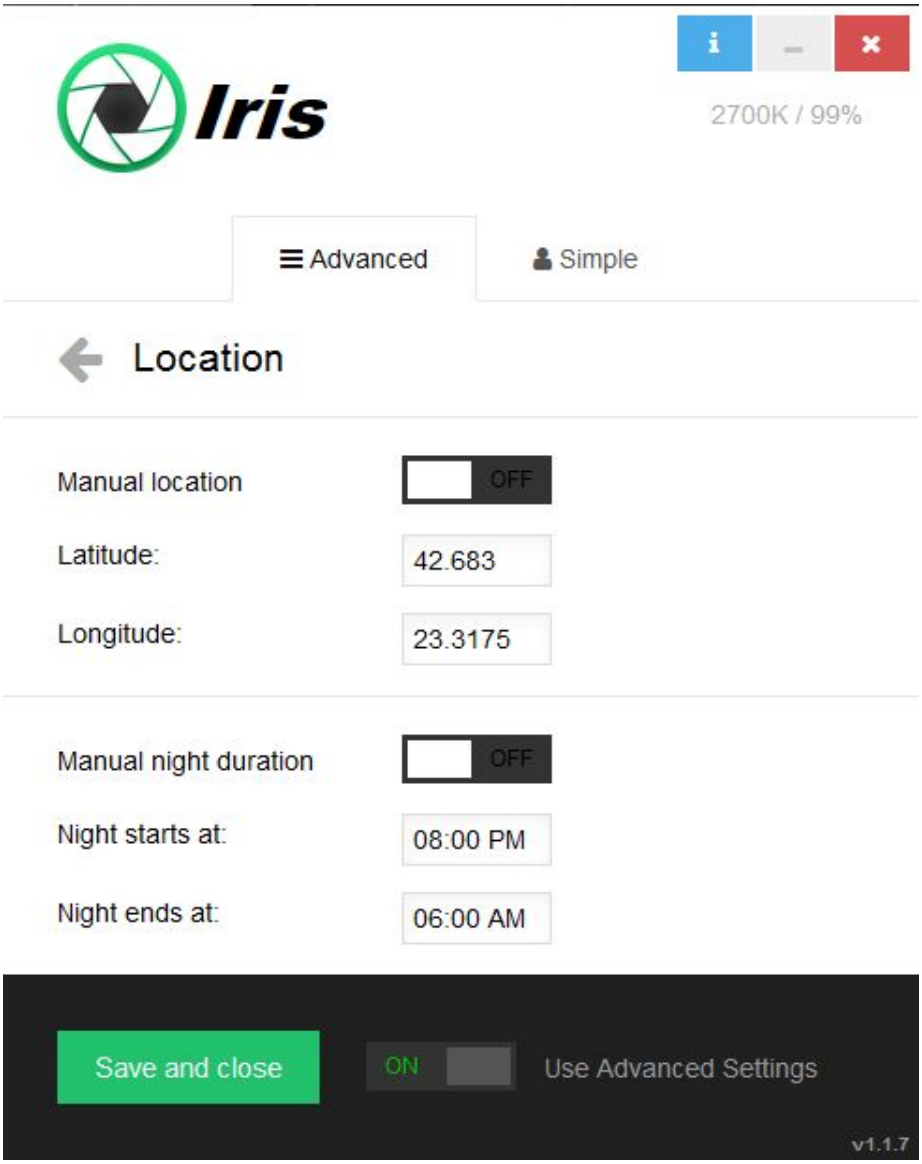
Learn more about blue light and sleep from these articles:

✔️How blue light destroyed our sleep

✔️The 8-hour myth - sleep better and live longer with these 7 healthy tips

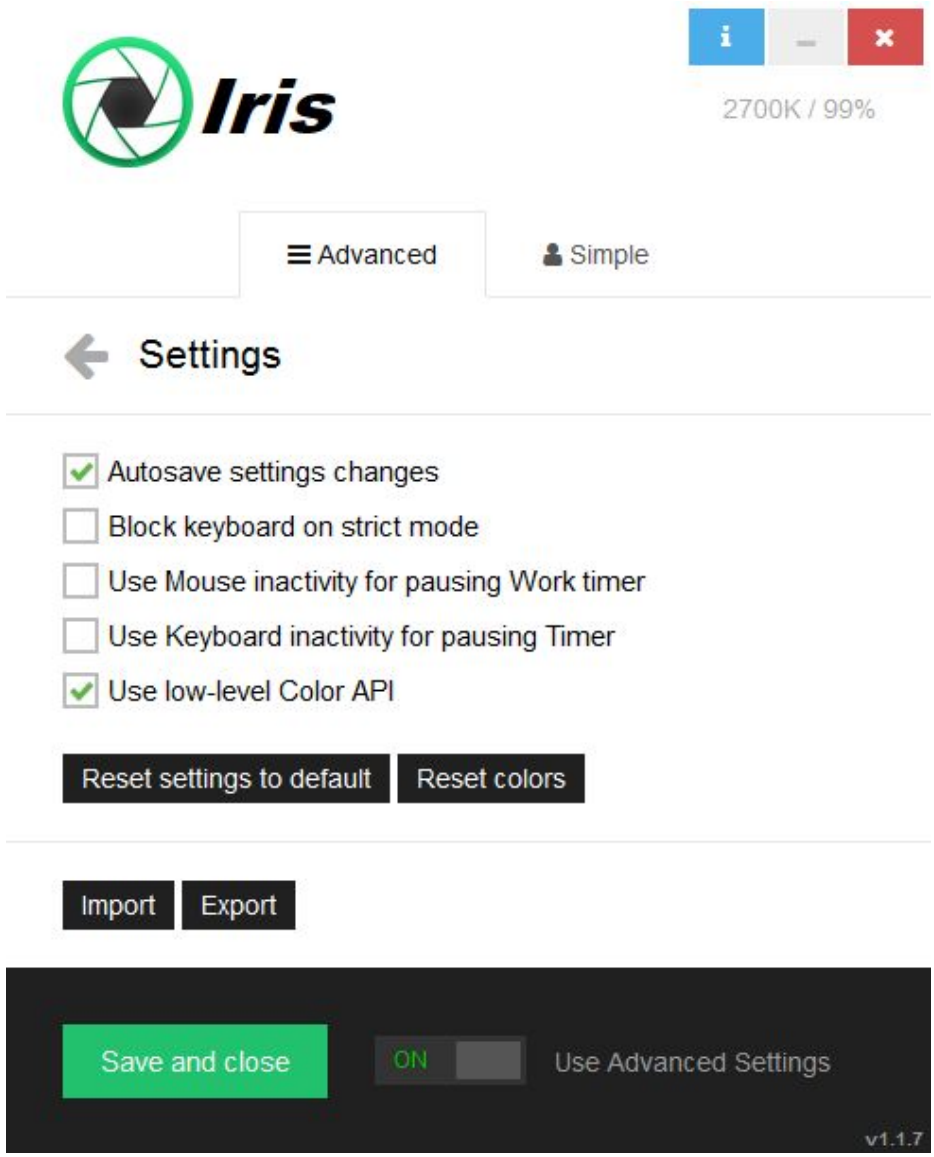
If you are wondering why Iris asks you to add your 📍 **Location** - it is for the Automatic mode to know when it is day and night in your country 😉

Learn more about the Location.



If you don't like the way your screenshots 📲 get yellow - here is your solution:

From the **Settings**, you can turn on/off the low-level color API

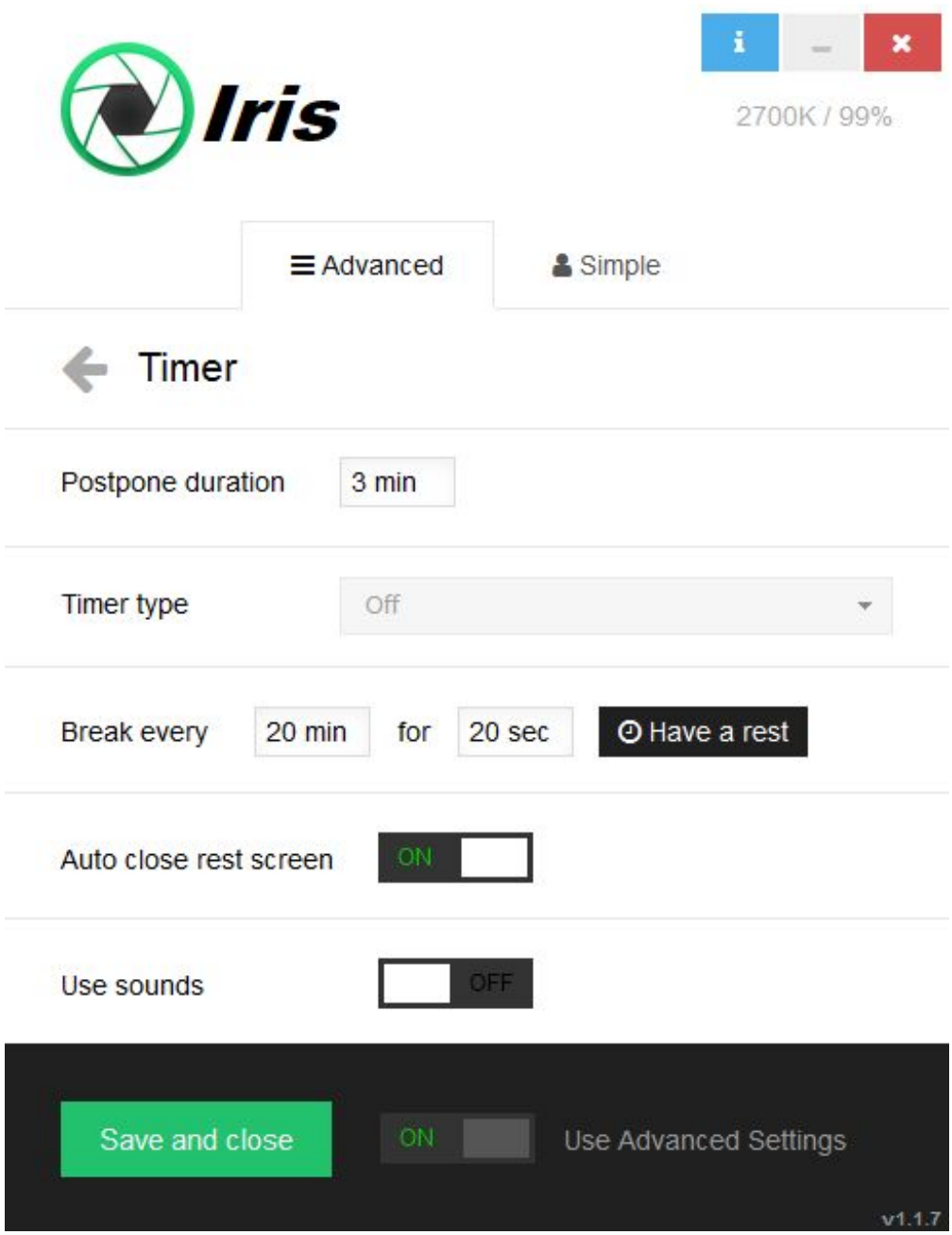


When we are in front of the PC 🖥️ we tend to forget to take a break, to blink, to look in another direction, to give our eyes a little rest... 👀

Most people suggest that we use the 20-20-20 rule - every 20 seconds look for 20 seconds at an object that is 20 feet away.

Here at Iris, we believe that everyone has its own way of taking a break - some people want to stand up and go for a little walk - so 20 seconds aren't always enough 🤔

That is why with our 🕐 **Timer** you can change the duration between breaks, of breaks, and turn the timer on and off whenever you want to 😎



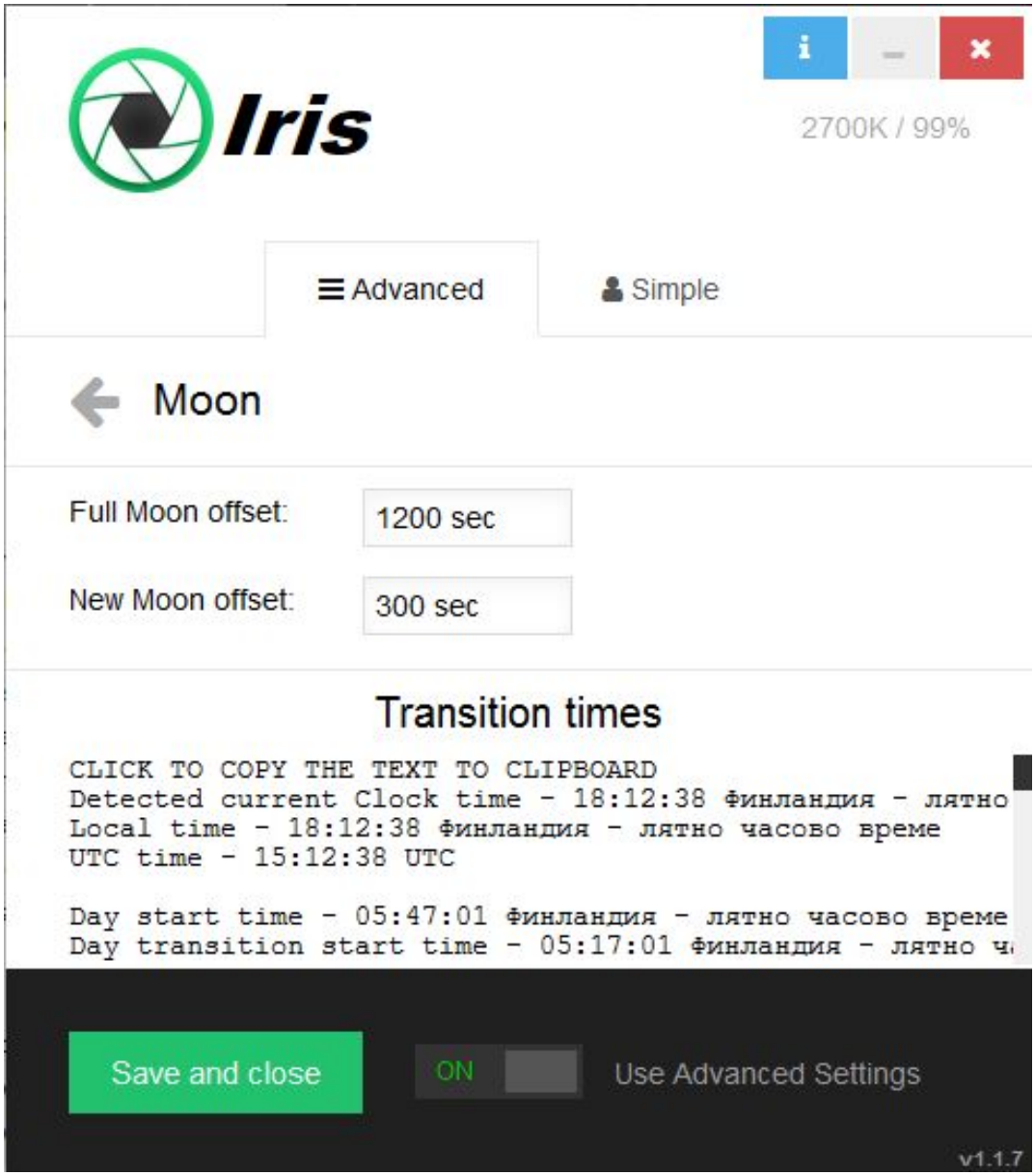
You can also read:

✔️ 14 Tips to make your monitor healthier for your eyes

Or read more about the Timer:

✔️ Timer

The **Moon** Page of Iris - there is a slight shift during the night depending on if it's happening during a 🌕 Full Moon or a 🌑 New Moon.



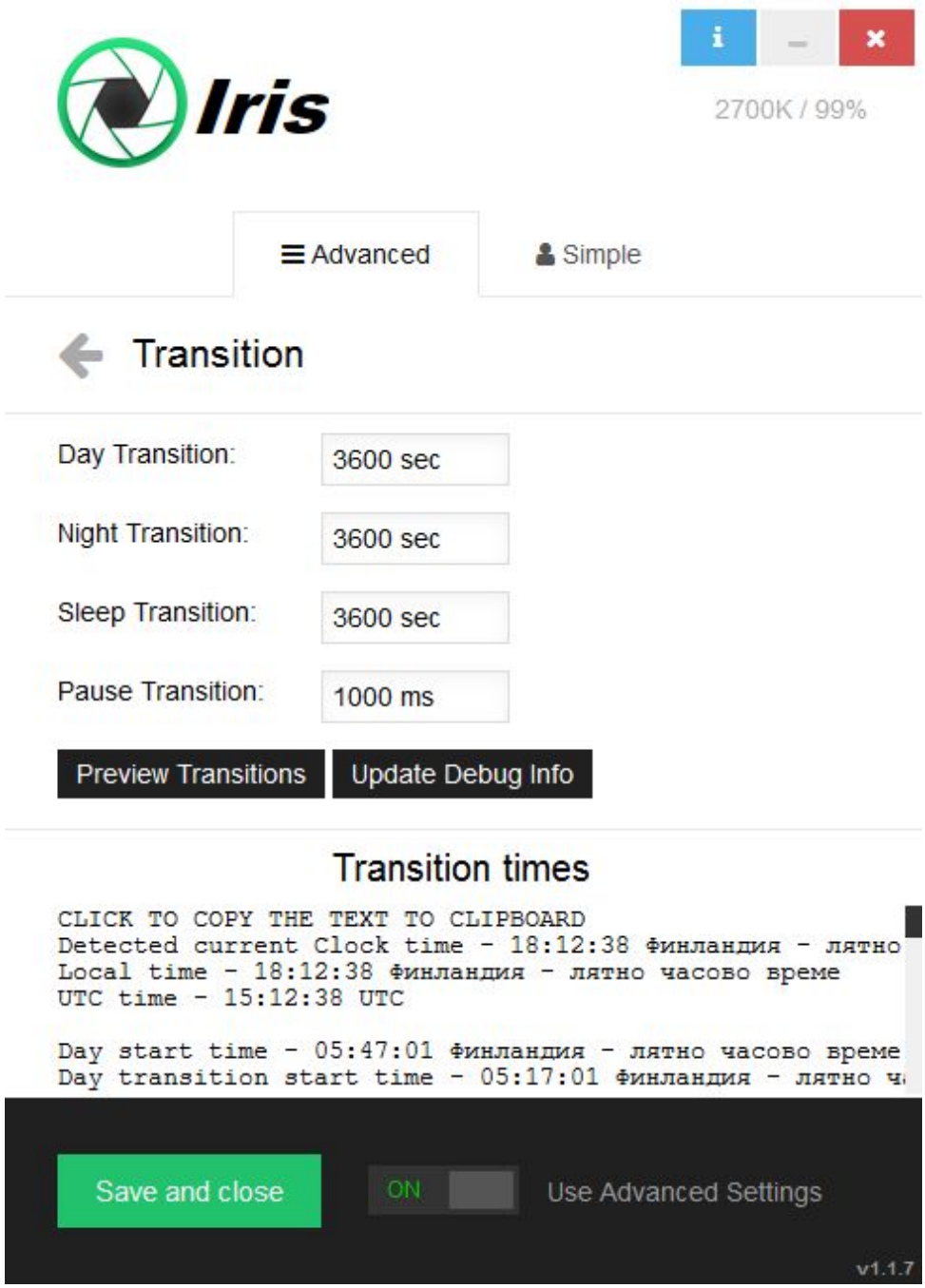
Iris takes that into account and automatically adjusts to it but from this setting, you can change and customize it the way you want it to be 💡

Read more about ➡️the Moon Page

We have already mentioned that you can set how much 💡 blue light will be emitted from your monitor 🖥️ during the day/night or before/after the bedtime/wake time.

You can set the duration of different smooth **Transitions**, some people like instant transition why others prefer the transition to be several hours 🕐

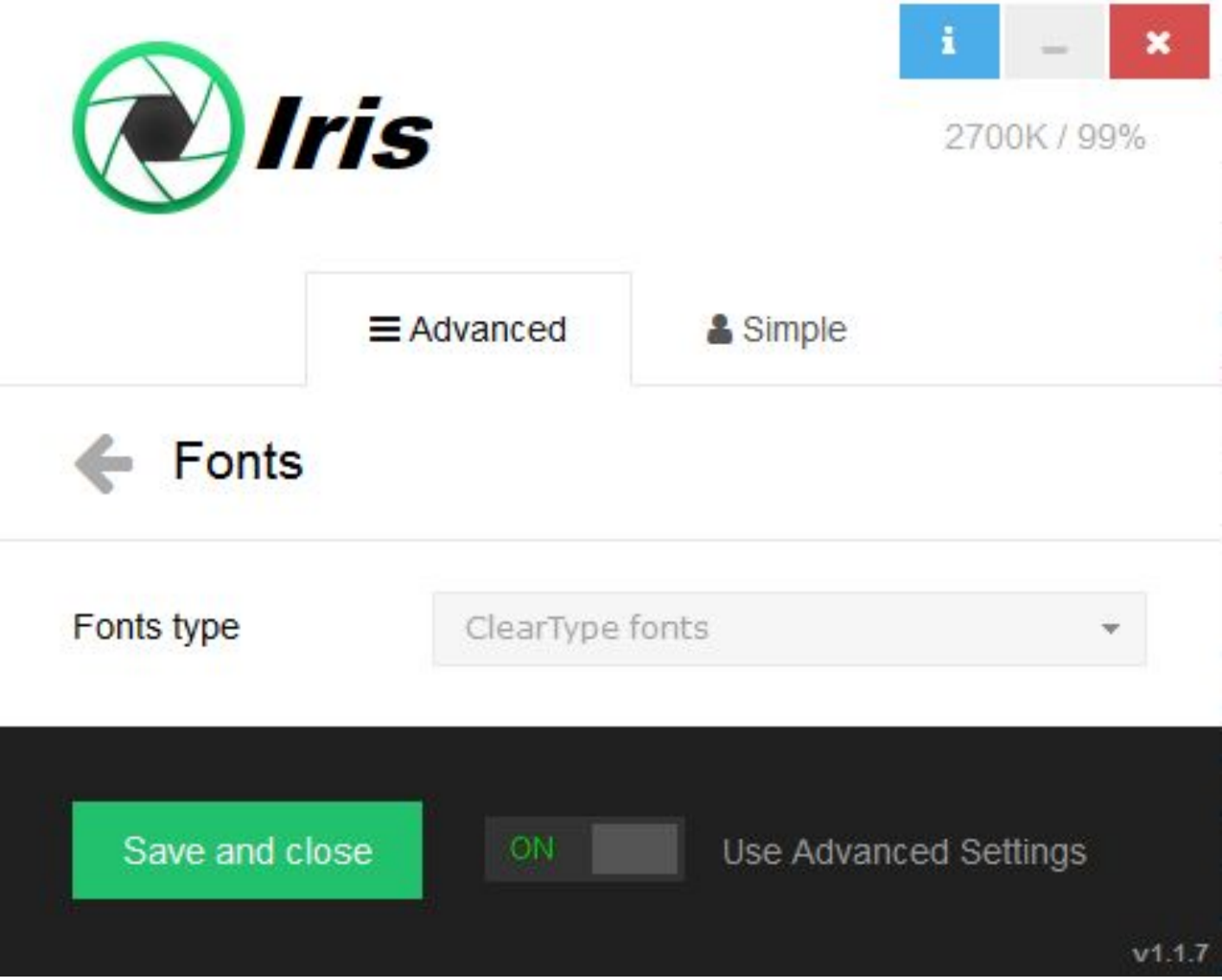
Learn more about the options that ➡️ the Transition page offers you.



We all like pretty curved fonts ✍️ but do you have any idea how much they harm you?

They make it harder for the eyes to focus, sometimes they are blurry and all of this leads to headache 🤯

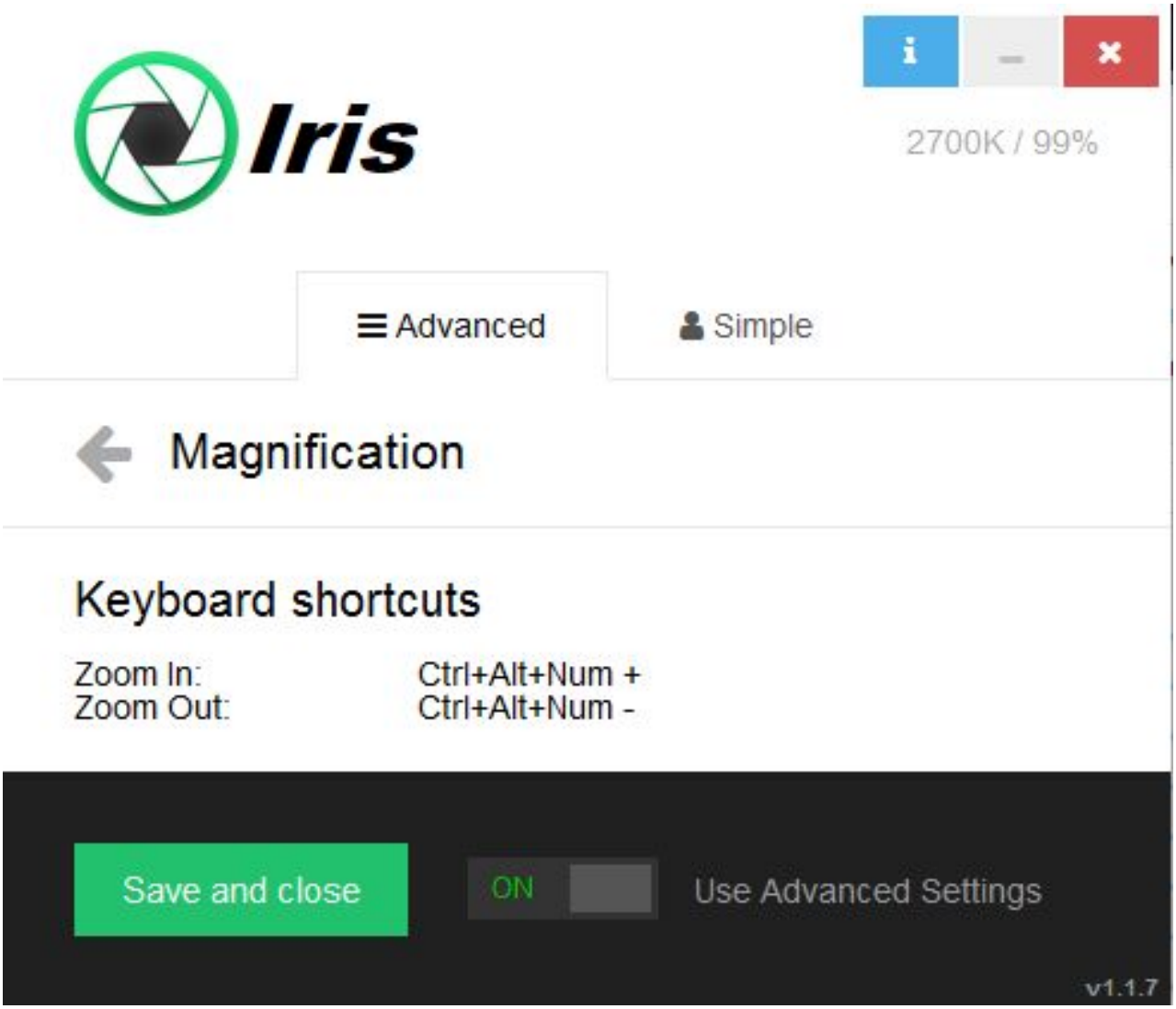
Which is why we offer you a couple of **Fonts** with sharp edges which might not be the most beautiful you have ever seen, but they will reduce the eye strain 😊



Learn more:

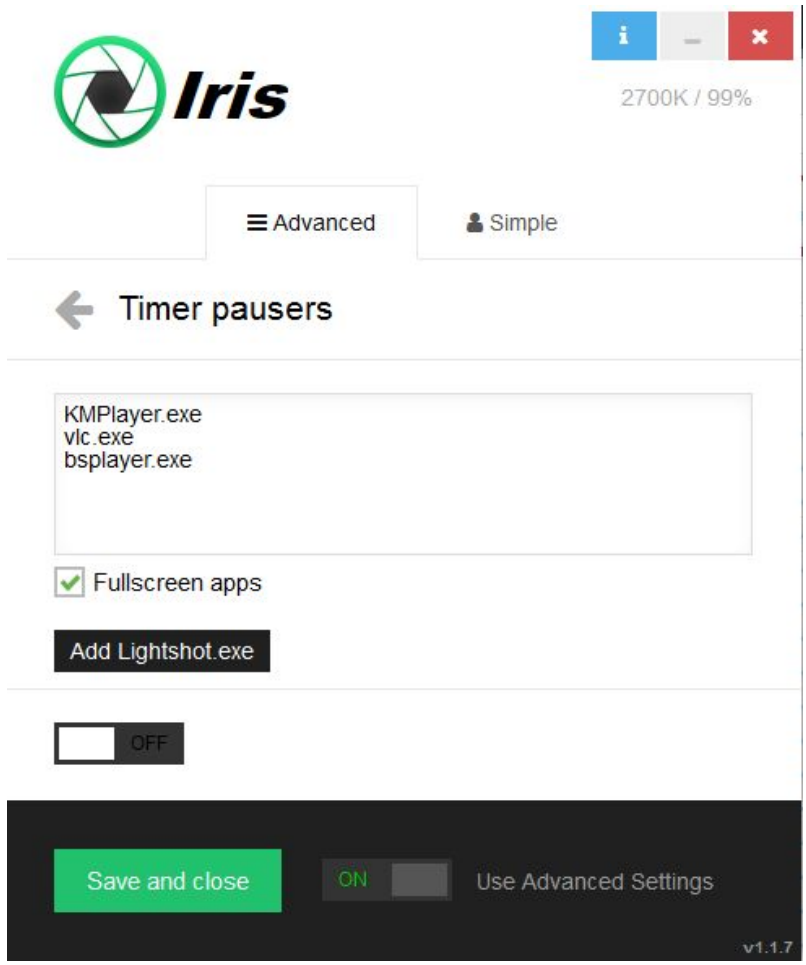
✅ [14 Tips to make your monitor healthier for your eyes]

You can **magnify** just a section of your screen, for example, to see the text better or when watching some youtube videos that aren't fullscreen.

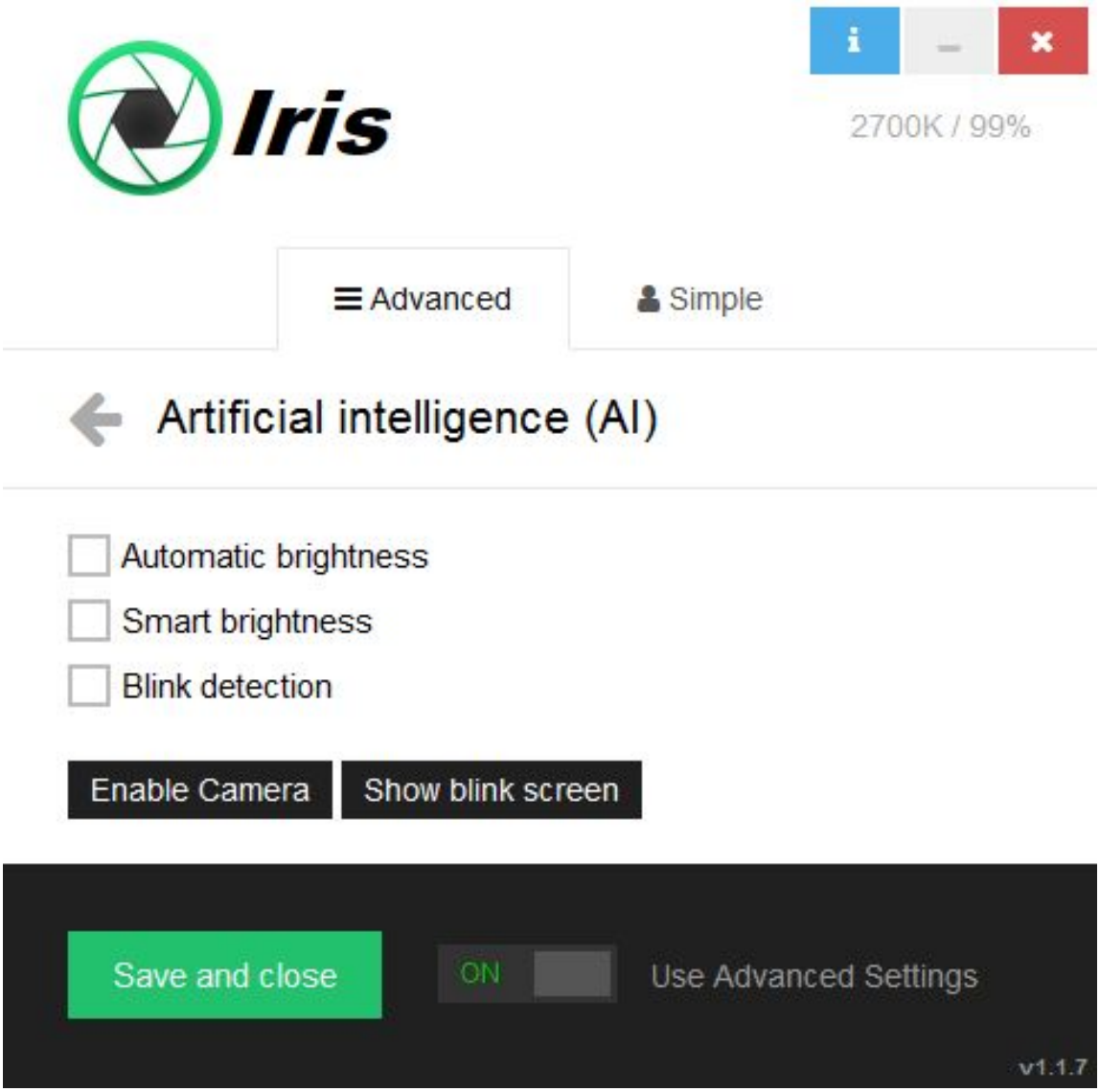


Timer pausers are a way to pause the timer when certain programs are running.

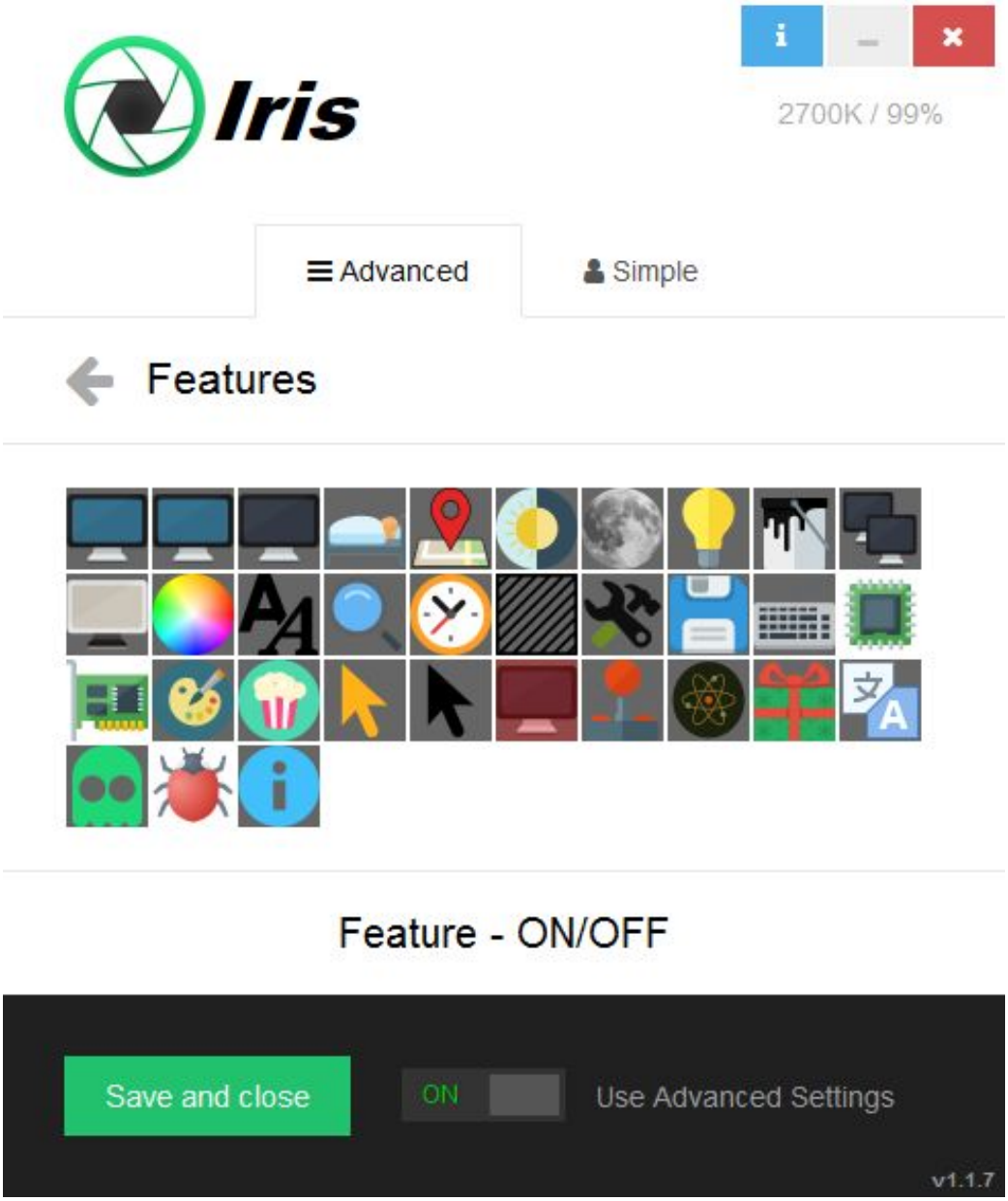
This is useful when you watch movies for example and don't want the rest screen to appear and interrupt.



From the **Artificial Intelligence** page you can enable some really nice features and innovations, some of them use the camera 📷 and are disabled by default.

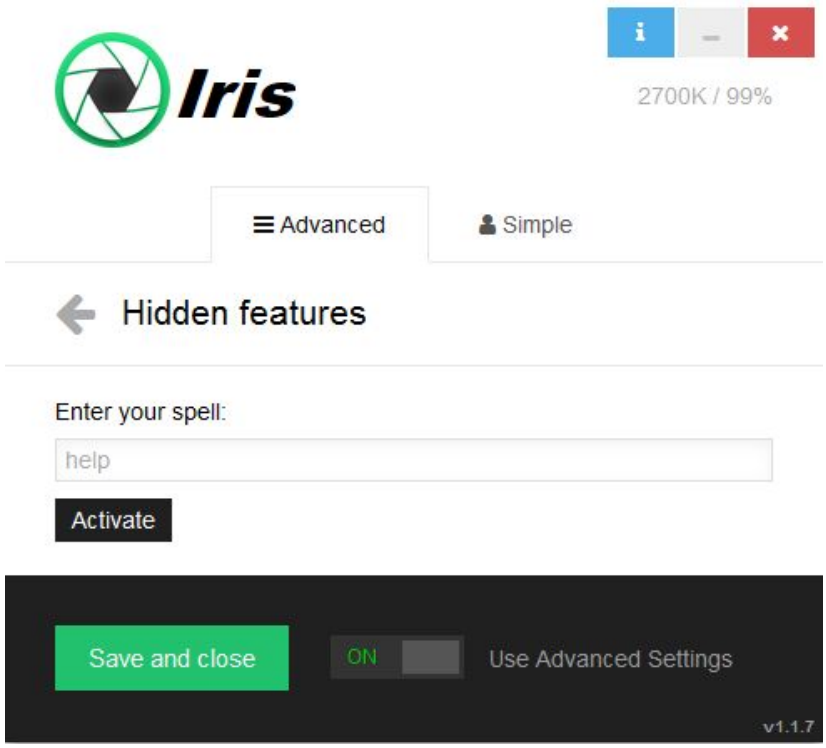


From the **Features** Menu, you can turn on and off different other menus – for example when you're not using something and don't want it to show up.



We want Iris to be as simple as possible 😎

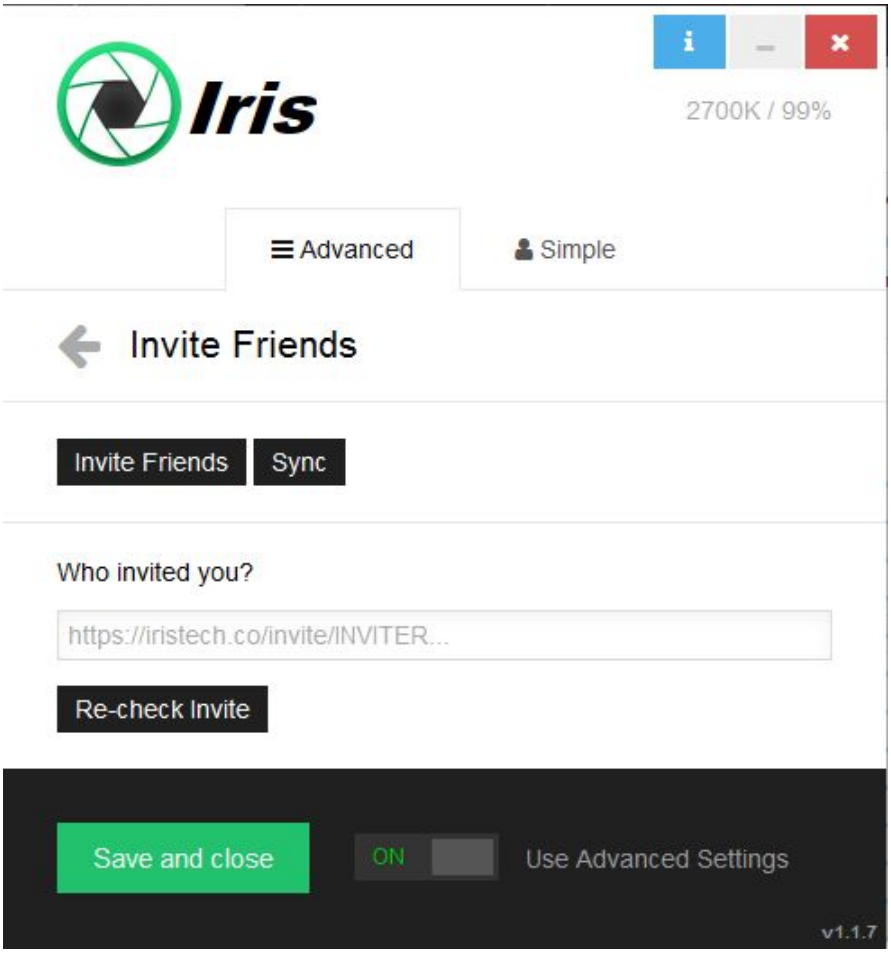
👉 So we have decided that there will be **Hidden features** that you can activate by yourself.



Here's the full list of hidden features.

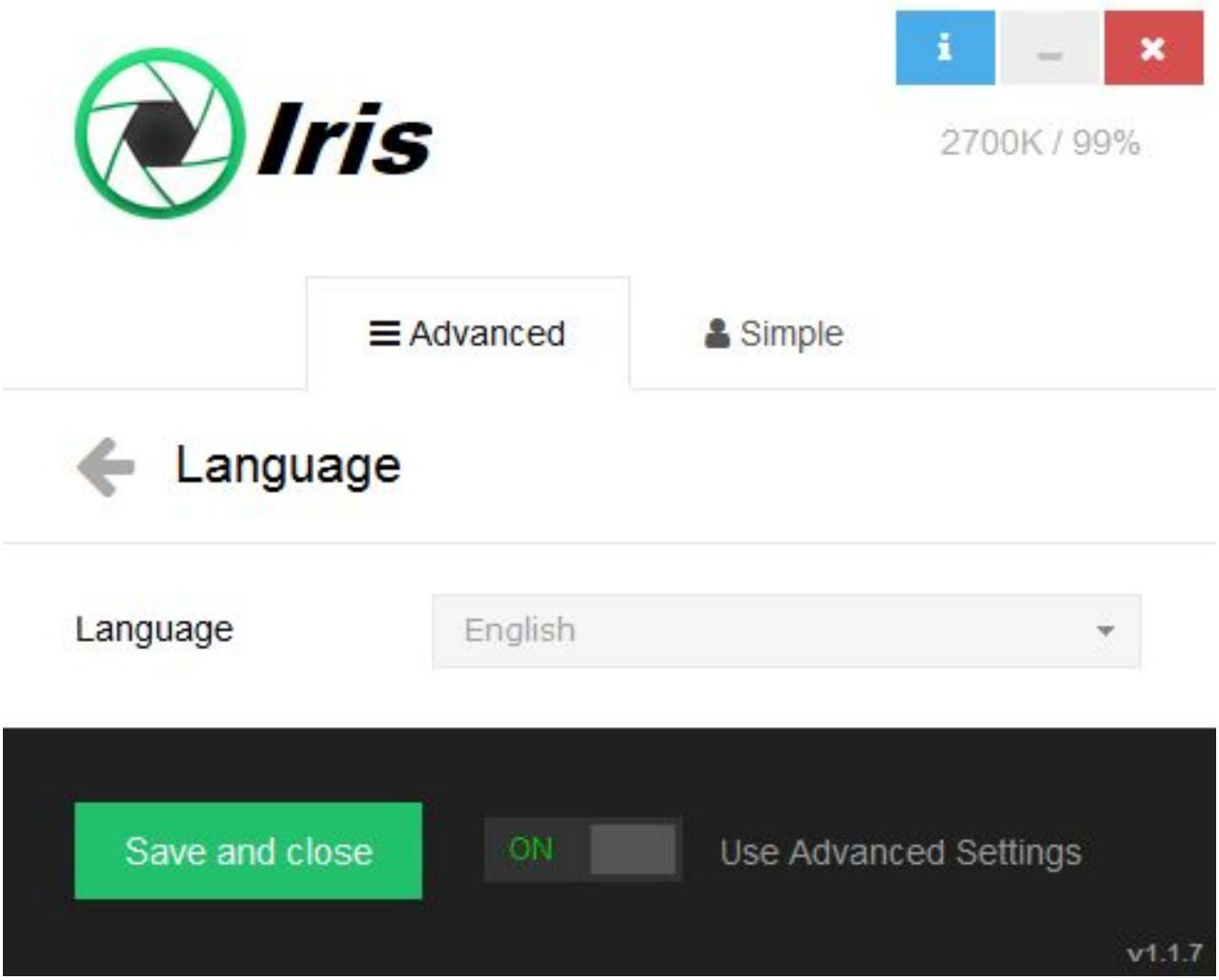
Do you know that you can get a free month of Iris? 🌟 And a friend of yours too?

From the **Invite Friends** section you both can get a FREE month.



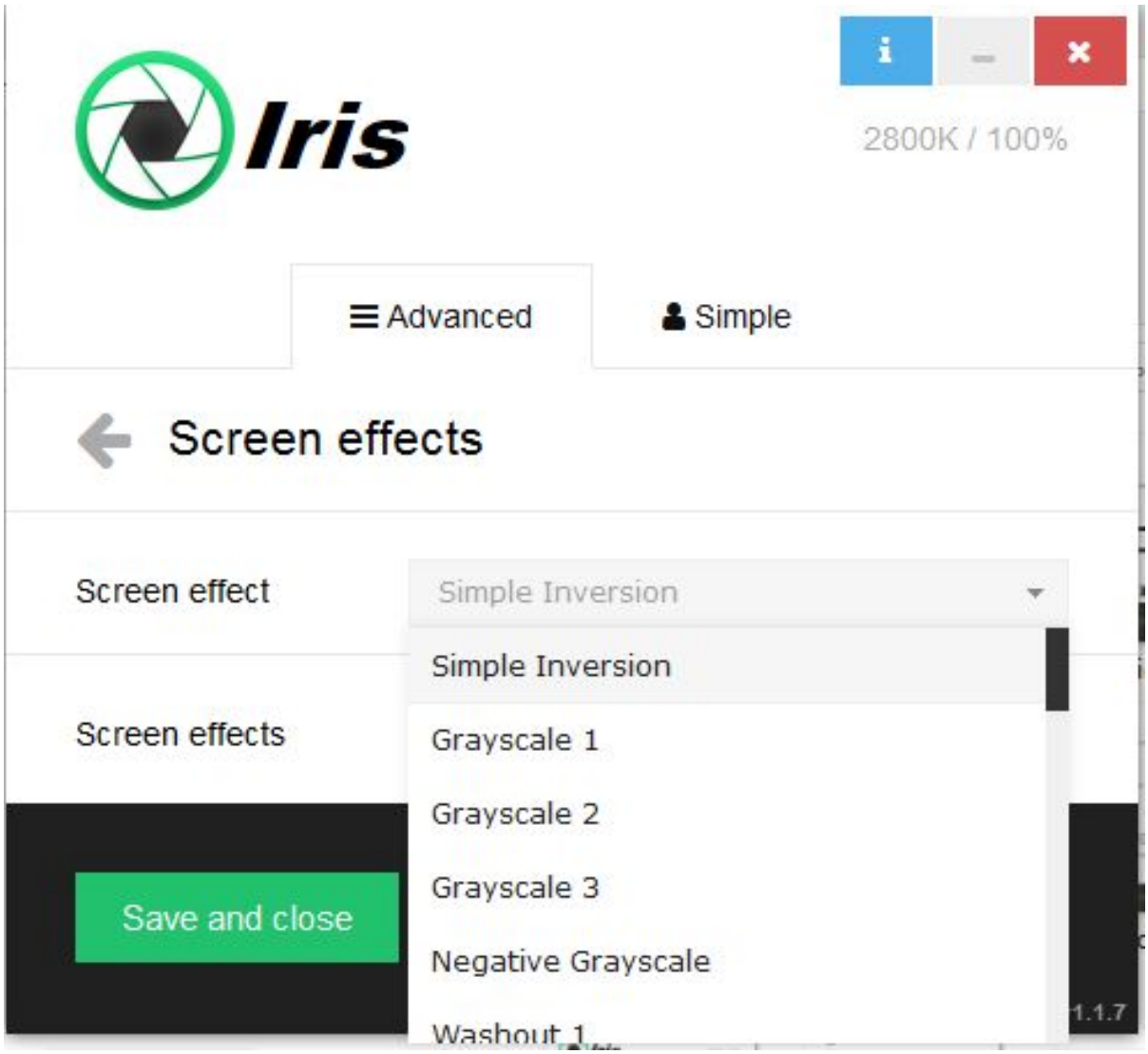
Here's how - [Invite Friends]

You can find different languages for Iris in the **Language** section.



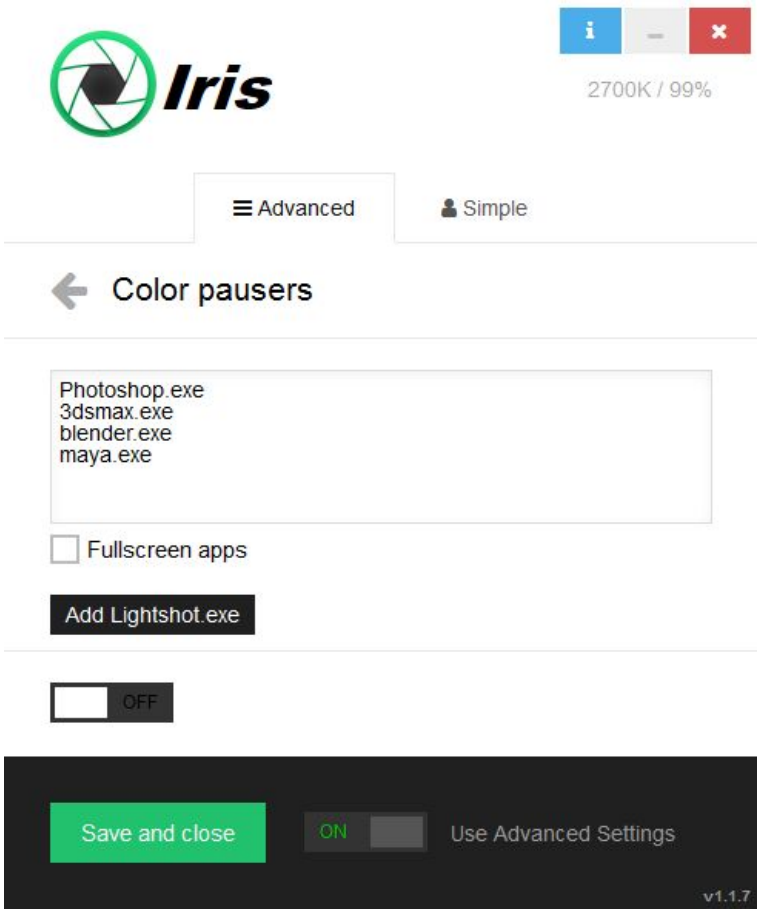
You can also become a translator for Iris.

With **Screen effects** you can apply more complex color effects to the screen 💻



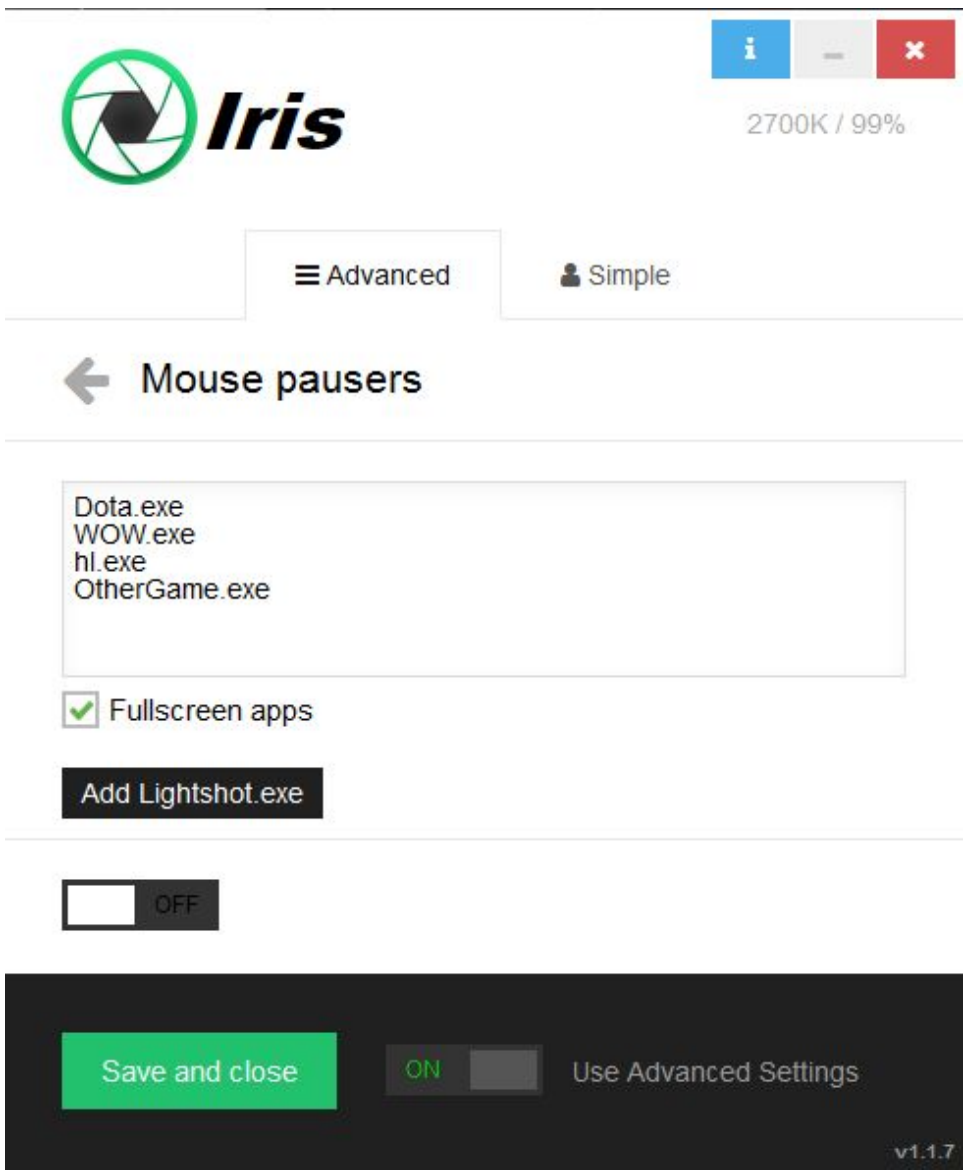
Read more about the Screen effects page.

Color pausers are a way to pause Iris color changes when certain programs are running - for example with Photoshop you will be able to see the real colors of the image 👀

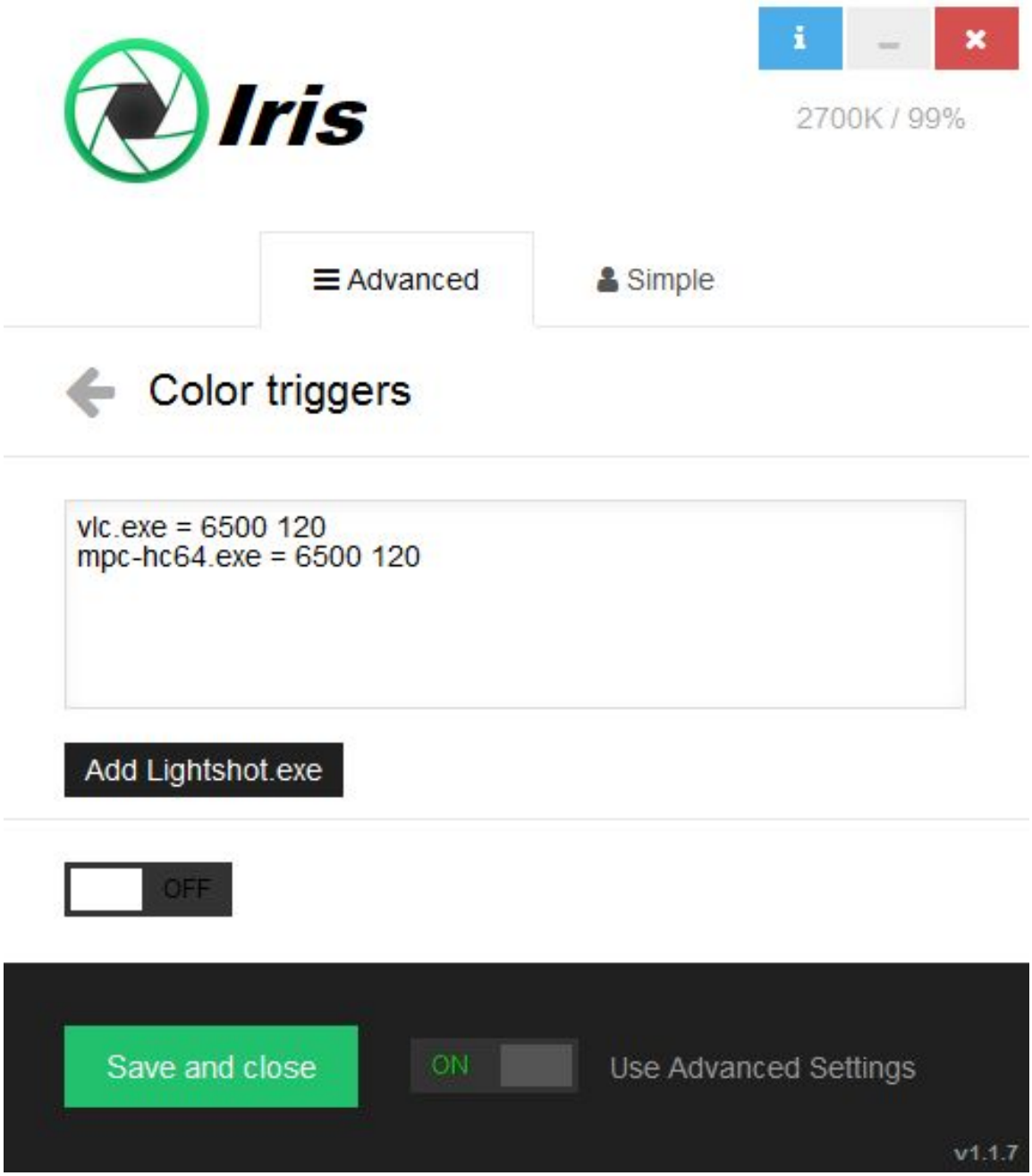


Read more about the Color pausers.

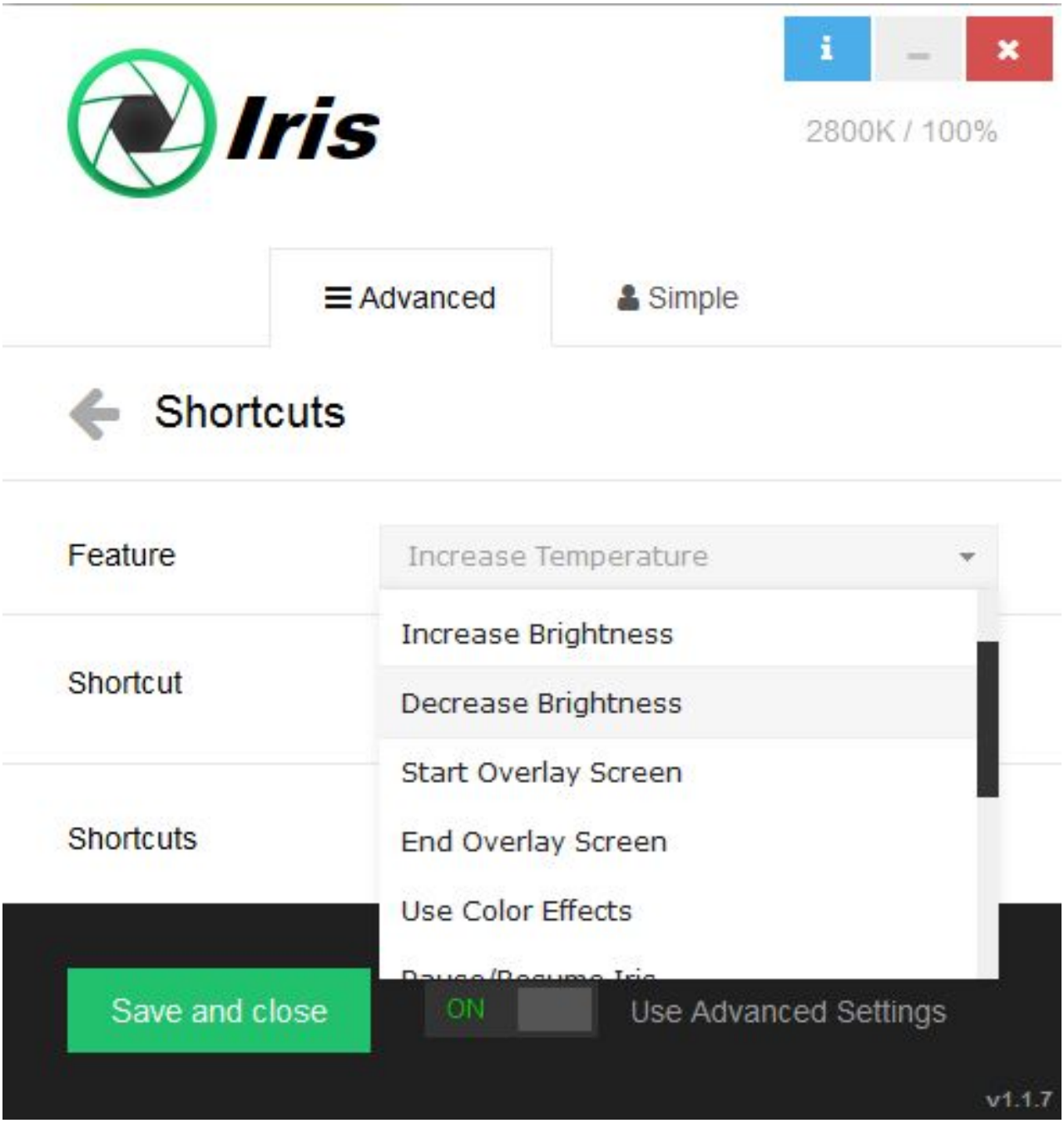
If you've chosen to use the software mouse or need to see the actual color of the mouse cursor you can pick certain programs that will pause the effects of Iris on the mouse from the **Mouse Pausers** Page.



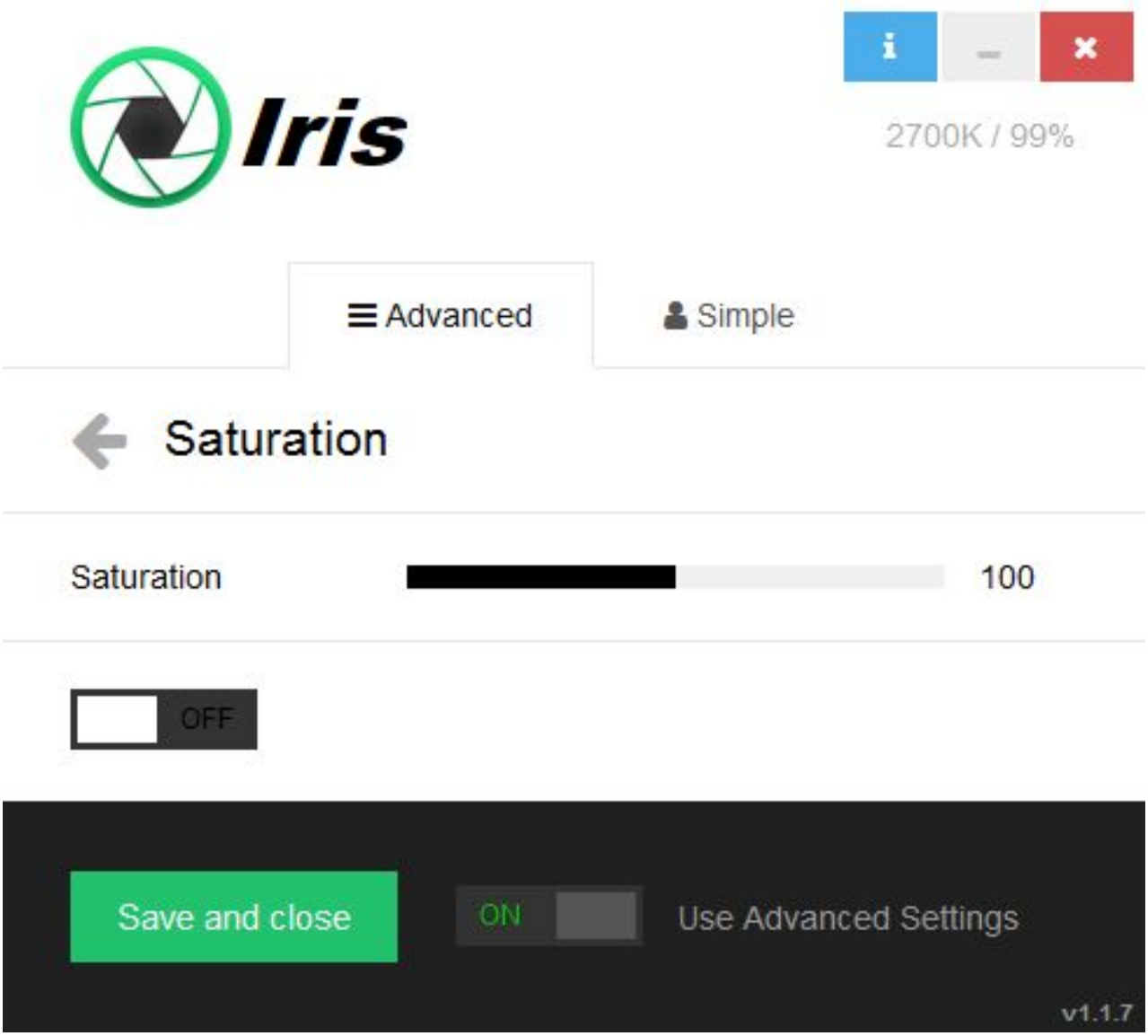
From the **Color Triggers** Page 🌈 you can add some programs to trigger a certain color change when turned on.



From the **Shortcuts** Page you can see the shortcuts for different settings that help you use Iris faster.



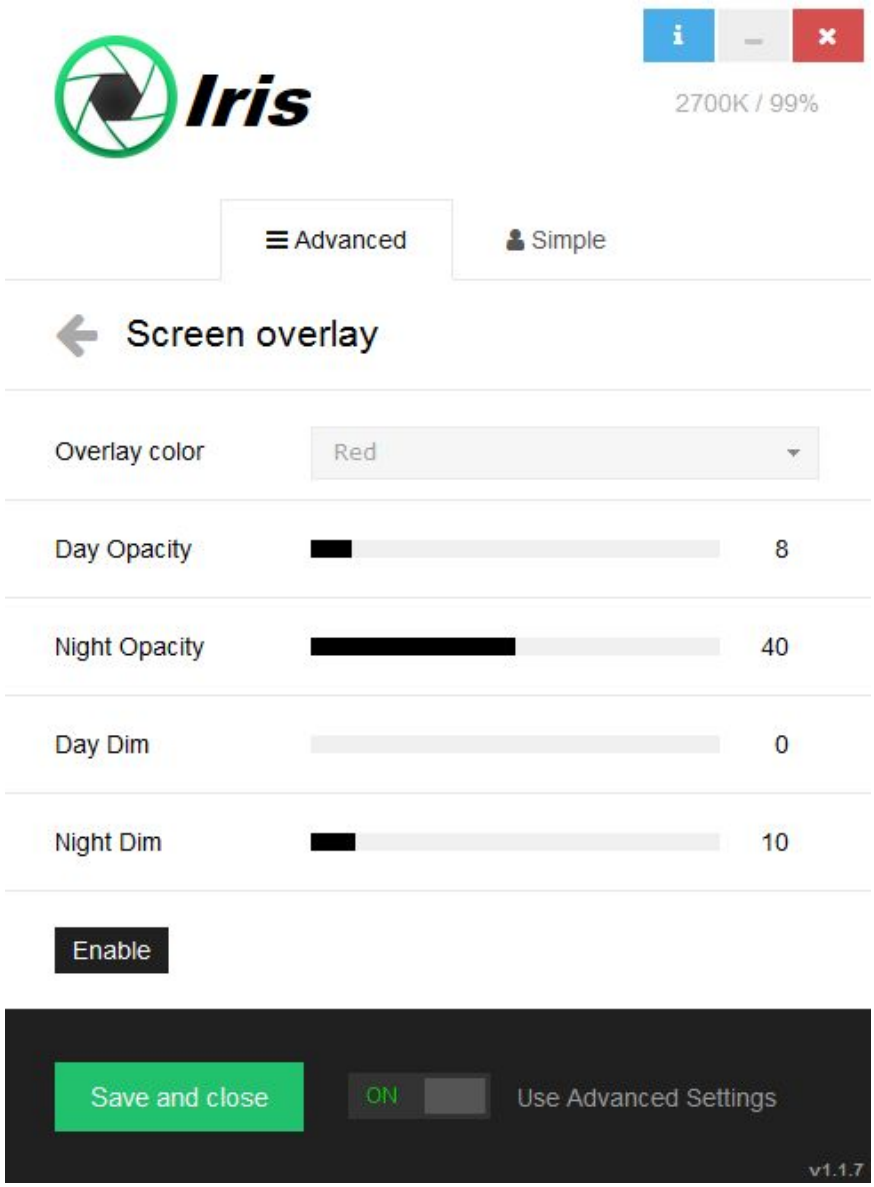
From the **Saturation** section you can adjust and turn on/off the Saturation.



From the **Color Scheme** page you can select one of the color presets that control how the different values of 🌡️ Color Temperature and 🔆 Brightness are displayed on the screen 💻

The **Screen overlay** is special blue light 💡 reduction and chromotherapy filter.

It will help you adjust your screen settings the way you want to 💻



If you still have questions you can write us:

- E-Mail: contact@iristech.co
- Facebook Page - https://www.facebook.com/iristech.co/

Or you can read some of our articles about the blue light and how to be healthy and happy in front of the PC everyday in our Blog.