

# **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](#)



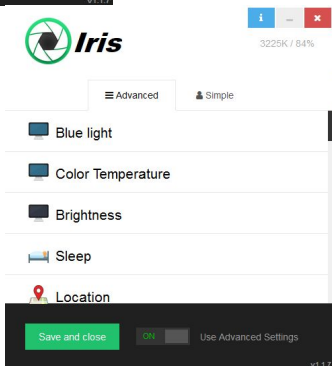
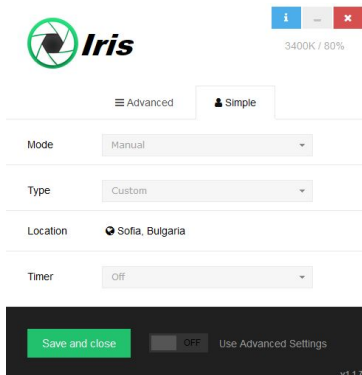
You can try Iris for

**FREE**

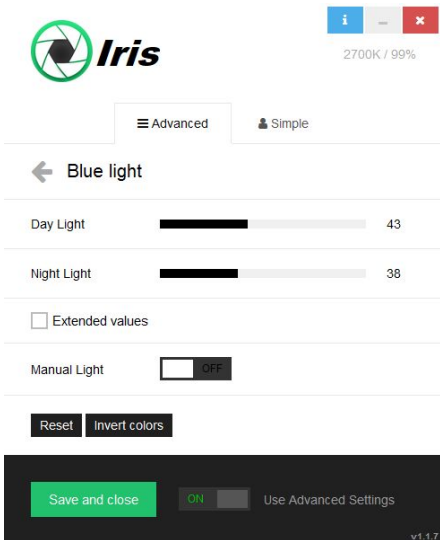


**Check this link**

# Iris has 2 views - Simple and Advanced

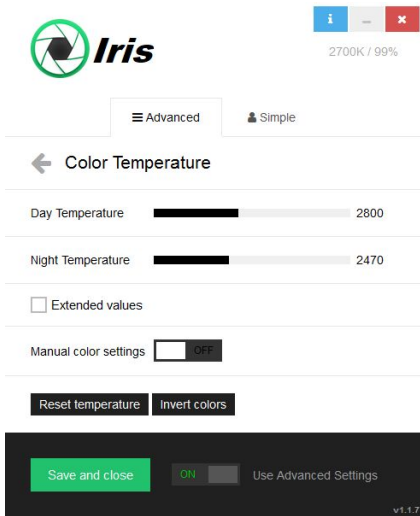


From the **Blue light** section you can control the amount of blue light from your screen



- The less the better

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



The screenshot shows the Iris monitor's settings interface. At the top left is the Iris logo, a green camera shutter icon. To its right are three buttons: a blue 'i' button, a grey '-' button, and a red 'x' button. Below these buttons, the text '2700K / 99%' is displayed. Below the logo and buttons are two tabs: 'Advanced' (selected) and 'Simple'. Below the tabs is a back arrow icon and the text 'Color Temperature'. Below this are two sliders: 'Day Temperature' with a value of 2800 and 'Night Temperature' with a value of 2470. Below the sliders is a checkbox labeled 'Extended values'. Below the checkbox is a toggle switch for 'Manual color settings', which is currently set to 'OFF'. Below the toggle switch are two buttons: 'Reset temperature' and 'Invert colors'. At the bottom of the interface is a dark grey bar containing a green 'Save and close' button, a green 'ON' toggle switch, and the text 'Use Advanced Settings'. In the bottom right corner of this bar is the version number 'v1.1.7'.

**Iris**

2700K / 99%

Advanced Simple

← Color Temperature

Day Temperature 2800

Night Temperature 2470

☐ Extended values

Manual color settings OFF

Reset temperature Invert colors

Save and close ON Use Advanced Settings

v1.1.7

- 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 🖥



2700K / 99%

≡ Advanced


👤 Simple

← Brightness

Day Brightness  99

Night Brightness  99

☐ Extended values

Manual brightness  OFF

Save and close

ON 

Use Advanced Settings

v1.1.7




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 🖥️

 **Iris**

2700K / 99%

Advanced

Simple

← Sleep

Sleep Light

42

Sleep Brightness

99

Bedtime:

12:00 AM

Wake time:

04:00 AM

Sleep Light

ON

Save and close

ON


Use Advanced Settings

v1.1.7


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](#).

 **Iris**

2700K / 99%

☰ Advanced

👤 Simple

← Location

Manual location

☐ OFF

Latitude:

42.683

Longitude:

23.3175

Manual night duration

☐ OFF

Night starts at:

08:00 PM

Night ends at:

06:00 AM

Save and close

☒ ON ☐ OFF

Use Advanced Settings

v1.1.7

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



2700K / 99%

≡ Advanced

Simple

← Settings

- ☒ Autosave settings changes
- ☐ Block keyboard on strict mode
- ☐ Use Mouse inactivity for pausing Work timer
- ☐ Use Keyboard inactivity for pausing Timer
- ☒ Use low-level Color API

Reset settings to default

Reset colors

Import


Export

Save and close

ON



Use Advanced Settings

v1.1.7

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 



2700K / 99%

≡ Advanced

Simple

← Timer

Postpone duration

3 min

Timer type

Off

Break every

20 min

for

20 sec

⌚ Have a rest

Auto close rest screen

ON

Use sounds

OFF

Save and close

ON

Use Advanced Settings

v1.1.7

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.



i

-

x

2700K / 99%

≡ Advanced

👤 Simple

← Moon

Full Moon offset:

1200 sec

New Moon offset:

300 sec

Transition times

CLICK TO COPY THE TEXT TO CLIPBOARD

Detected current Clock time - 18:12:38 финландия - лятно  
Local time - 18:12:38 финландия - лятно часово време  
UTC time - 15:12:38 UTC

Day start time - 05:47:01 финландия - лятно часово време  
Day transition start time - 05:17:01 финландия - лятно ч.

Save and close



ON

Use Advanced Settings

v1.1.7


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.

 **Iris**

i


—

x

2700K / 99%

≡ Advanced

Simple

 **Transition**

Day Transition:

3600 sec

Night Transition:

3600 sec

Sleep Transition:

3600 sec

Pause Transition:

1000 ms

Preview Transitions

Update Debug Info

**Transition times**

CLICK TO COPY THE TEXT TO CLIPBOARD


Detected current Clock time - 18:12:38 финландия - лятно  
Local time - 18:12:38 финландия - лятно часово време  
UTC time - 15:12:38 UTC  
  
Day start time - 05:47:01 финландия - лятно часово време  
Day transition start time - 05:17:01 финландия - лятно ч


Save and close


ON

Use Advanced Settings

v1.1.7

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 



2700K / 99%

☰ Advanced

👤 Simple

← Fonts

Fonts type

ClearType fonts ▼

Save and close

ON

Use Advanced Settings

v1.1.7

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.



2700K / 99%

≡ Advanced

👤 Simple

← Magnification

### Keyboard shortcuts

Zoom In: Ctrl+Alt+Num +  
Zoom Out: Ctrl+Alt+Num -

Save and close

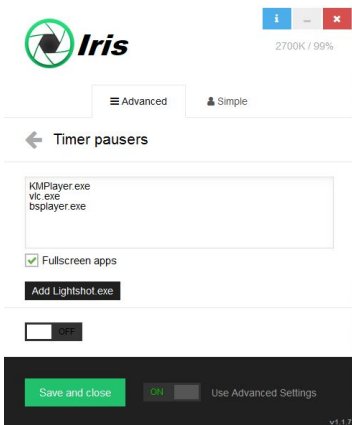
ON

Use Advanced Settings


v1.1.7


**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.


 **Iris**

2700K / 99%

 Advanced

 Simple

 Artificial intelligence (AI)

☐ Automatic brightness

☐ Smart brightness

☐ Blink detection

Enable Camera

Show blink screen

Save and close

ON

Use Advanced Settings

v1.1.7

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.



2700K / 99%

≡ Advanced

👤 Simple

← Features



Feature - ON/OFF

Save and close

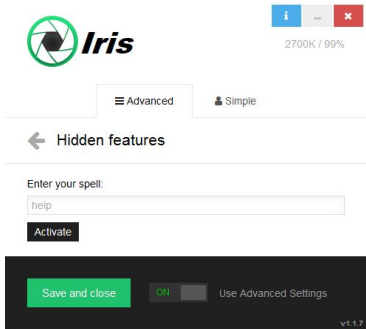
ON

Use Advanced Settings

v1.1.7

We want Iris to be as simple as possible 😎

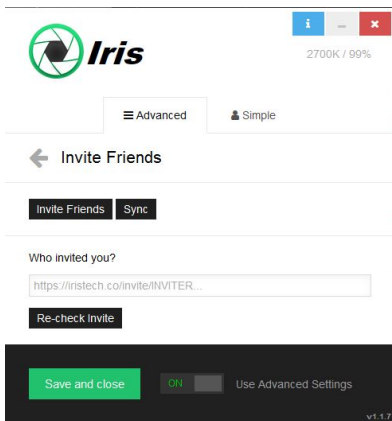
👉 So we have decided that there will be **Hidden features** that you can activate by yourself.



Here's the full [list of hidden features](#).

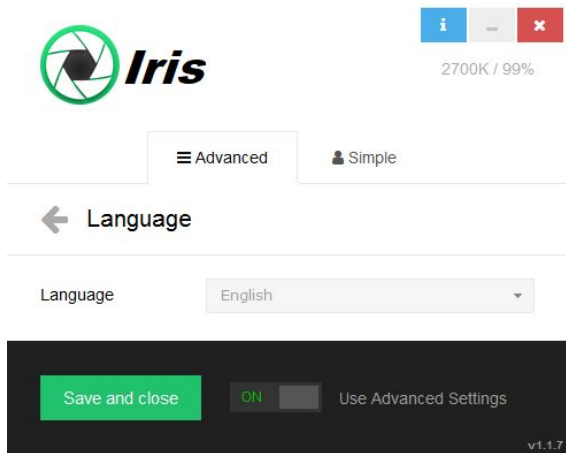
Do you know that you can get a free month of Iris? 🌟 And a friend of yours too?

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




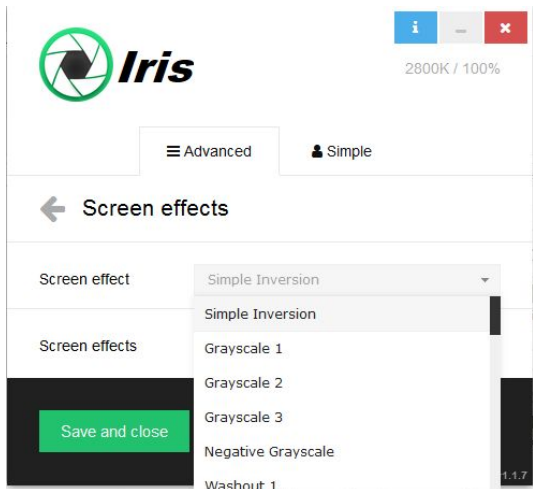
Here's how - [Invite Friends](#)

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



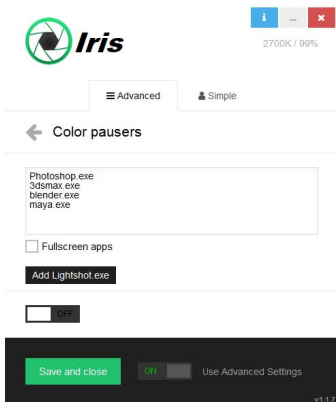
You can also [become a translator](#) for Iris.

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.

 **Iris**



2700K / 99%

☰ Advanced

👤 Simple

← Mouse pausers

Dota.exe  
WOW.exe  
hl.exe  
OtherGame.exe

☒ Fullscreen apps

Add Lightshot.exe

☐ OFF


Save and close

ON ☐

Use Advanced Settings

v1.1.7



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



2700K / 99%

≡ Advanced

Simple



Color triggers

vlc.exe = 6500 120  
mpc-hc64.exe = 6500 120

Add Lightshot.exe




Save and close

ON

Use Advanced Settings

v1.1.7

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



2800K / 100%

≡ Advanced

Simple

← Shortcuts

Feature	
Shortcut	<div>↑ Increase Temperature</div> <div>↑ Increase Brightness</div> <div>↓ Decrease Brightness</div> <div>Start Overlay Screen</div> <div>End Overlay Screen</div> <div>Use Color Effects</div> <div>Pause/Resume Iris</div>
Shortcuts	

Save and close

ON

Use Advanced Settings

v1.1.7

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



2700K / 99%

≡ Advanced

👤 Simple

← Saturation

Saturation



100



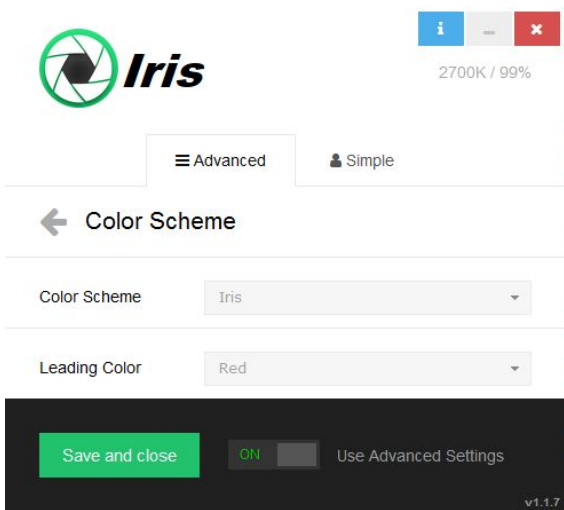
Save and close


ON


Use Advanced Settings

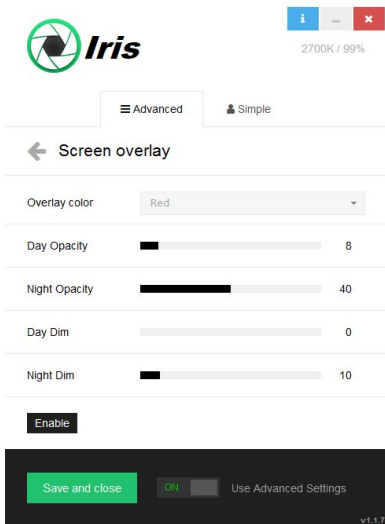
v1.1.7

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](mailto: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](#).