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Set your display for night time in Windows 10

Your display emits blue light—the kind of light you see during the day—which can keep you up at night. To help you get to sleep, turn on the night light and your display will show warmer colors at night that are easier on your eyes. Night light isn't available if your device uses certain drivers (DisplayLink or Basic Display). To schedule night light so it turns on automatically:

1. Select **Start** ■ > **Settings** ⚙ > **System** > **Display** > **Night light settings**. If your night light toggle above the link is grayed out, you may need to update your display driver. See Update drivers in Windows 10.

2. Under **Schedule**, toggle **Schedule night light** to **On**. Then, either select **Sunset to sunrise**, or select **Set hours** and enter custom times for the night light to turn on and off.

⌂ **Night light settings**

Screens emit blue light, which can keep you up at night. Night light displays warmer colors to help you sleep.

Off until sunset (7:30 PM)

[Turn on now]

Strength

Schedule

Schedule night light
[On] On

● Sunset to sunrise (7:30 PM - 6:30 AM)

○ Set hours

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Schedule night light
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Open Night light settings

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