

ADJUST THE BRIGHTNESS OF YOUR MONITOR FOR BEST NIGHT VISION

There is some evidence that looking at blue or white light when it's dark has been shown to suppress our body's production of melatonin (the sleep hormone) making it difficult to get a good night's rest. In addition, the brightness of the computer screen is more prominent at nighttime because computer screens were designed to look their best during the day. Unfortunately, the "best" during the day is not what is best for your eyes during the evening

So what can be done? The solution may be a program called F.lux.

F.lux synchronizes itself with the time zone you are in, and after sunset it gradually makes your display more pleasing to the eyes in the dark hours. It does this not by dimming your display, but by adding a warm red tint to your screen so that the bright white light can no longer blind you.

1. Go to the F.lux website at <http://tinyurl.com/d256a8>. There are download links for Windows, Macintosh, and Linux systems.
2. Follow the onscreen instructions for installation and after it has completed, you will notice a little "sun and moon" icon in your task bar's notification area.
3. Double click the icon, and the F.lux settings window will appear. You will notice at the bottom of the window that F.lux pinpoints your approximate position thereby giving it access to your sunrise and sunset time.
4. To view a 24-hour preview of F.lux's capabilities, click on the icon in the notification area and then click the orb in the middle of screen and watch your screen's color change as it travels through a full day's cycle. Of course, when this occurs in real-time it will be much more gradual. F.lux is ready to make everything much easier on your eyes as soon as the sun goes down.