

Choose your app mode to combat eye strain

If you are concerned about eye strain while looking at a computer screen, consider using the Dark App Mode. Find and try it while you are at the bottom of the Colors page. **Settings > Personalization > Colors.**

The Settings application itself will immediately turn dark, as will many other Modern applications. However, it's up to each software developer to support the dark theme, and some applications will continue using their normal colors.

This option also doesn't affect desktop (legacy) applications, including Windows 10's File Explorer or Microsoft Office, both of which will remain white.