

Trouble Sleeping after spending evening hours at your computer? Try Night Light.

People who use computers late at night often have difficulty falling asleep. That's because computer displays (screens) emit wavelengths of blue light that trick the brain into believing it's still daytime even at midnight. **Night Light** can be configured to provide warmer or cooler tints as desired. You can also schedule the times when Night Light turns on and off. Find it at **Settings > System > Display > Night light setting**.