

# **WINTER'S HERE: USE WINDOWS 10's NIGHT LIGHT TO COLOR ENHANCE YOUR SLEEP**

To have your computer screen automatically adjust to lighting changes that science shows will affect your ability to get a good night's sleep, follow these simple steps.

From your desktop, go to Settings (Windows + I).

Click on System.

From the Display column, turn on the Night Light.

Click on Night Light settings.

Here you can adjust the intensity of the color.

You can also adjust the time for the Night Light to be "on", either mechanically or automatically based on your zip code location.