Set your display for night time in Windows – Microsoft Support

Windows 11 · https://cleversupport.ca/docs/windows-11/set-your-display-for-night-time-in-windows-microsoft-support/

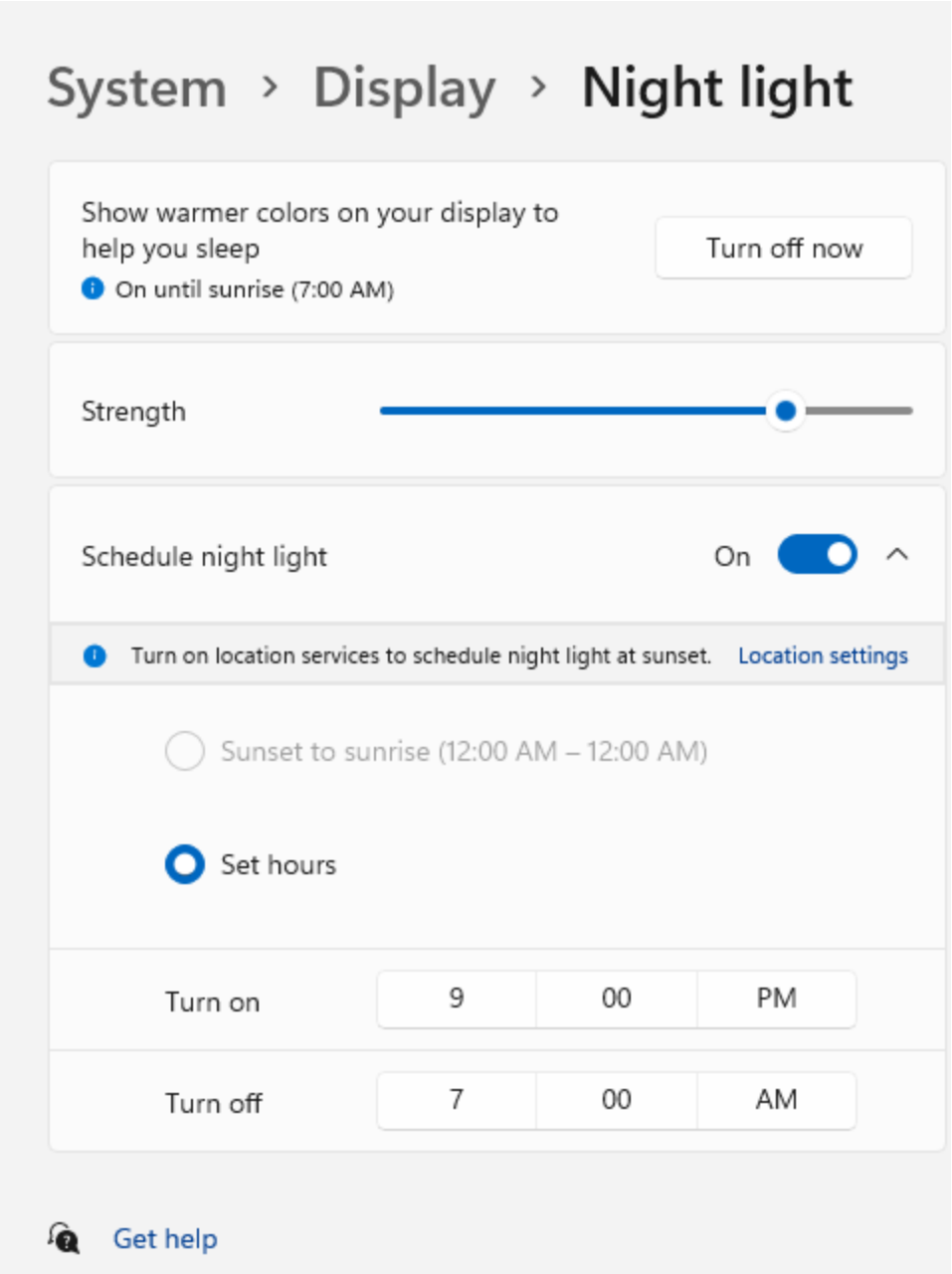
our display emits blue light—the kind of light you see during the day—which can keep you up at night. To help you get to sleep, turn on the night light and your display will show warmer colors at night that are easier on your eyes. Night light isn't available if your device uses certain drivers (DisplayLink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

Windows 11

To schedule night light so it turns on automatically:

1. Select **Start** , then enter settings in the search box. Select **Settings** > **System** > **Display** > **Night light**.
   If your night light toggle is grayed out, you may need to update your display driver. See Update drivers manually in Windows.
2. Turn on **Schedule night light**. Then, either select **Sunset to sunrise**, or select **Set hours** and enter custom times for the night light to turn on and off.

   Open Night light settings



Tip: To add night light as a quick setting, select the **Network** icon on the right side of your taskbar, then select **Edit quick settings** > **Add** > **Night light** > **Done**.