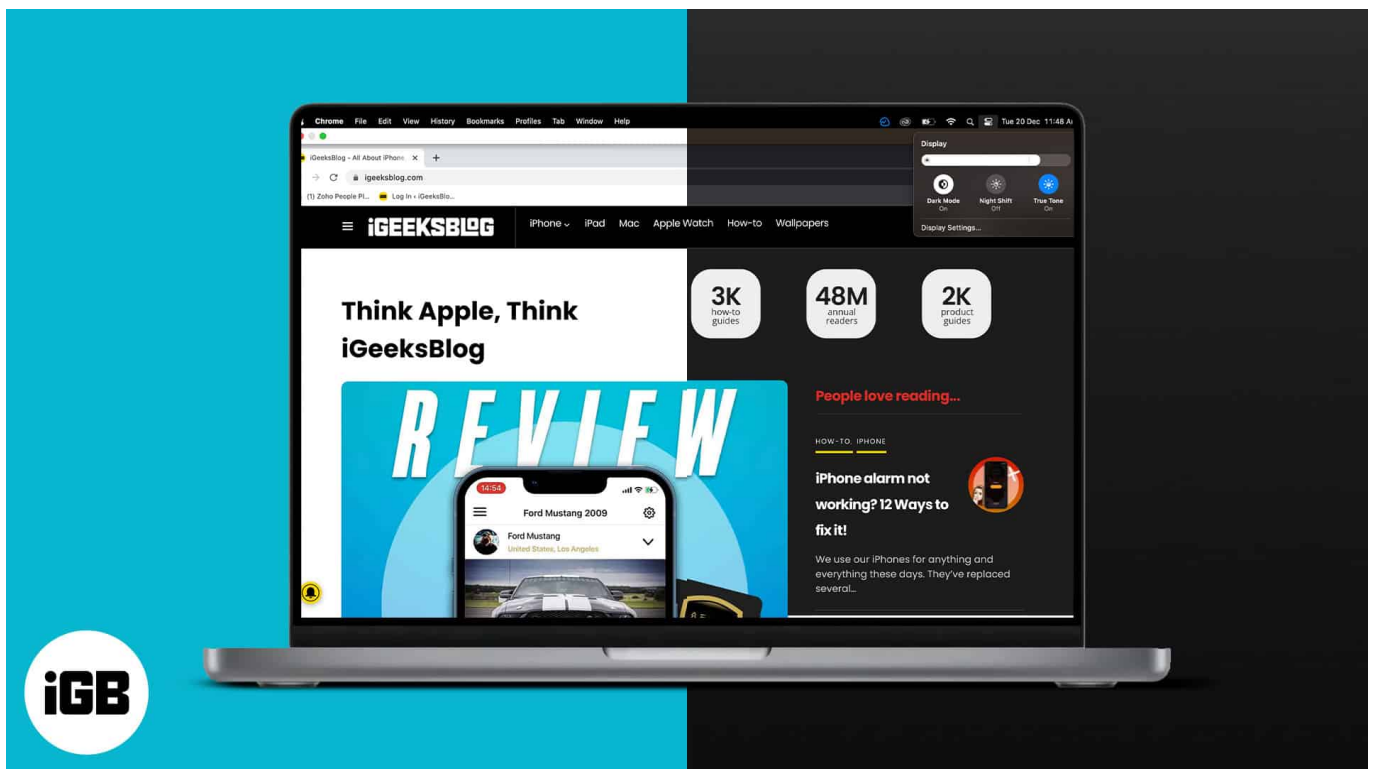
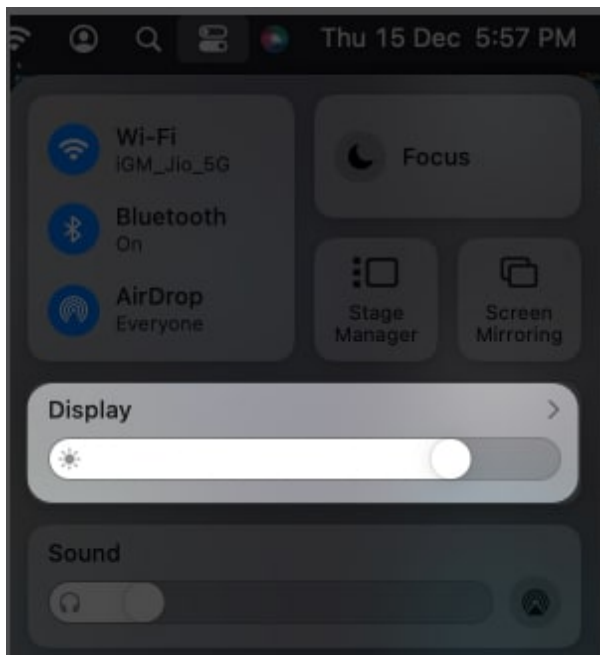


From reducing eye strain to improving battery life, Dark Mode has varying benefits. It can be turned on to work across the entire system. It will change the menu bar's appearance and the stock apps to make things easier on the eyes. It's especially useful when working at night and helps you focus. So here's out how to turn on Dark Mode in macOS Sonoma or Ventura.

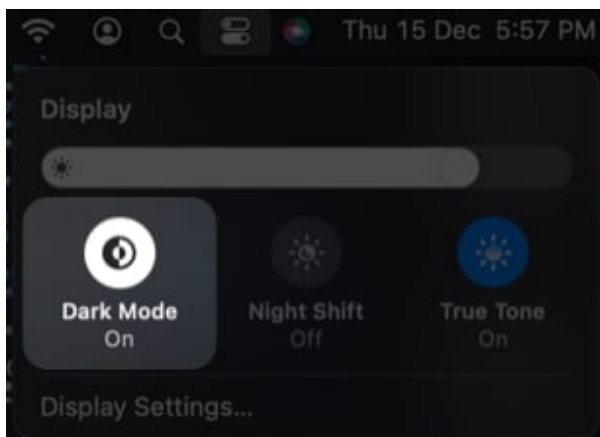


## How to turn on Dark Mode on Mac from Control Center

1. Click the **Control Center** icon in the Mac menu bar.
2. Select **Display**.



3. Click **Dark Mode**.



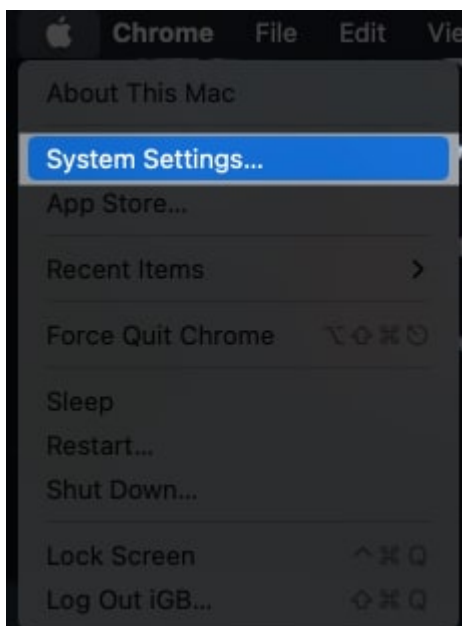
That's it! Remember, the steps remain the same for both macOS Sonoma and Ventura.

**Pro Tip:** Just drag and drop the **Display button** from the Control Centre to the menu bar. It will create a Display icon in the menu bar, from where you can easily turn on Dark Mode on Mac.

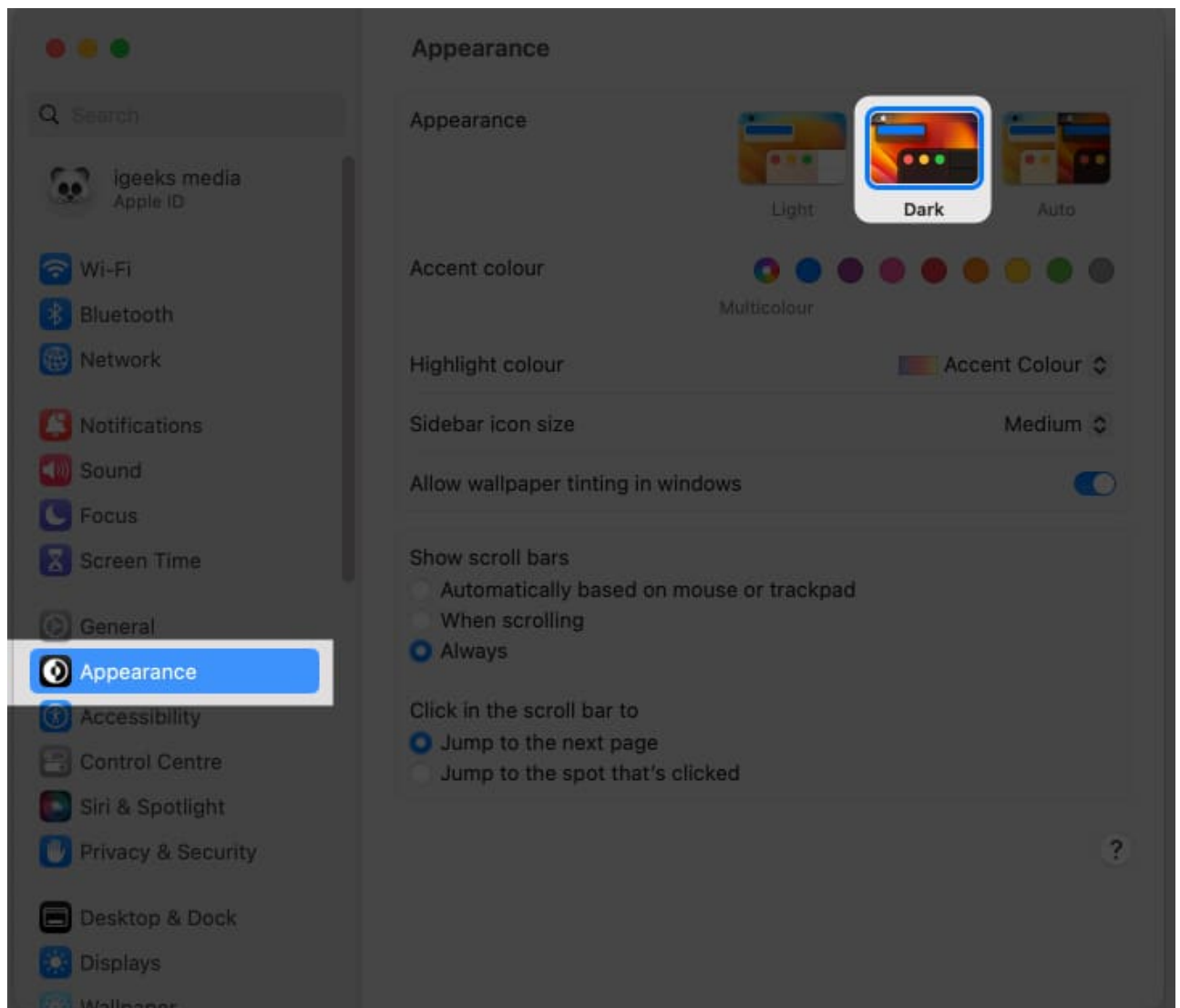
For more such tips, refer to our complete guide on [how to use and customize Control Center](#) on Mac.

## How to enable Dark Mode on Mac from System Settings

1. Click the **Apple logo** in the menu bar.
2. Select **System Settings**.



3. Head to **Appearance**.
4. Choose **Dark** next to Appearance.



## How Dark Mode works in Mac apps

After enabling Dark Mode, Mac allows you to use Light Mode exclusively for chosen apps and their respective features. Here, I provide a demonstration of the process:

- **Maps:** Launch **Maps** → Click **Maps** on the menu bar → **Settings** → Under the **General** tab, check the box in front of **Always use light map appearance**.
- **Mail:** Open the **Mail** app → Click **Mail** in the menu bar → Select **Settings** → **Viewing** → Uncheck **Use dark backgrounds for messages**.
- **Notes:** Head to the **Notes** app → Click **Notes** in the menu bar → **Settings** → Uncheck **Use dark backgrounds for note content**.

- **TextEdit:** Launch **TextEdit** → Select **View** in the menu bar → Uncheck **Use Dark Background for Windows**.
- **Safari:** You need to disable Dark Mode on Mac to use Safari in Light Mode as it adapts to the default mode of the Mac.

## Will you use Dark Mode on Mac?

In addition to the methods mentioned above, you can also use Siri to assist you with switching to Dark Mode on your Mac. The Dark Mode function should not be confused with the [Night Shift](#) or [True Tone](#) features.

So, do you prefer to use Dark Mode on your Mac or not? Share your thoughts and questions in the comments below.

## Read more:

- [How to use Focus mode on Mac](#)
- [How to turn on Facebook Dark Mode on desktop](#)
- [How to recover deleted files from emptied trash on Mac](#)