igeeksbl@g

Night Shift on Apple devices has been around since iOS 9.3. Apple has made little change to this feature over the years, but that doesn't mean it isn't useful. When you turn on Night Shift on your iPhone or iPad, it saves the battery life of your device and your eyes from bright white light.



We'll walk you through how to use Night Shift on iPhone and iPad.

Table of Content

- How to use Night Shift on iPhone and iPad
 - Turn on Night Shift on iPhone or iPad
 - Schedule Night Shift on your iOS device

How to use Night Shift on iPhone and iPad

You can access Night Shift in **Display & Brightness** in **Settings**. You can either schedule or manually enable Night Shift on your iOS device.

When you turn on Night Shift, it automatically shifts the colors of your display to the

igeeksbl@g

warmer end of the color spectrum after dark for a better night's sleep.

Turn on Night Shift on iPhone or iPad

1. Launch **Settings** on your iPhone \rightarrow Tap **Display & Brightness**.



2. Tap on Night Shift.



igeeksbl@g

3. Toggle **Scheduled** on.

💵 IDEA 🗢	6:16 pm	@ 92% 🔳 ·	🖬 IDEA 🗢	6:16 pm	@ 92% 🔳
K Back	Night Shift		Back	Night Shift	
Night Shift auton warmer end of th get a better nigh	natically shifts the colours of ne colour spectrum after dark t's sleep.	your display to the This may help you	Night Shift autor warmer end of ti get a better nigh	natically shifts the colours ne colour spectrum after o t's sleep.	s of your display to the dark. This may help yo
Scheduled		(\bigcirc)	Scheduled		
Manually Ena	ble Until Tomorrow		From To		10:00 7:00 am
COLOUR TEMPE	RATURE		Manually Ena	ble Until Tomorrow	\bigcirc
Less Warm		More Warm	COLOUR TEMPE	RATURE	
			Less Warm		More Warm
				0	

4. After you toggle the option on, you can adjust the slider right below it to make your iPhone screen "**Cooler**" or "**Warmer**" according to your preferences.

iGEEKSBL^QG

6:17 pm	@ 92% 🔳	🖬 IDEA 🗢	6:17 pm	@ 92% 🔳
Night Shift		< Back	Night Shift	
natically shifts the colours ne colour spectrum after d t's sleep.	of your display to the ark. This may help you	Night Shift auto warmer end of t get a better nigh	matically shifts the colours he colour spectrum after d nt's sleep.	s of your display to the lark. This may help you
		Scheduled		
	10:00 pm	From		10:00 pm
	7:00 am	То		7:00 am
ble Until Tomorrow	0	Manually Ena	able Until Tomorrow	0
RATURE		COLOUR TEMPE	RATURE	
$-(\bigcirc)$	More Warm	Less Warm		More
		Warmer settings onscreen motion	s may affect the appearanc	ce of some
	6:17 pm Night Shift natically shifts the colours ne colour spectrum after d t's sleep. ble Until Tomorrow RATURE	6:17 pm @ 92% Night Shift natically shifts the colours of your display to the ne colour spectrum after dark. This may help you t's sleep. 10:00 pm 7:00 am ble Until Tomorrow RATURE More Warm	6:17 pm @ 92% Night Shift	6:17 pm 6:17 pm Night Shift III IDEA IS Anatically shifts the colours of your display to the e colour spectrum after dark. This may help you it's sleep. Night Shift automatically shifts the colours spectrum after or get a better night's sleep. Image:

If you want to turn Night Shift off, go to **Settings** \rightarrow **Display & Brightness** \rightarrow Tap **Night Shift** \rightarrow Turn it off.

Schedule Night Shift on your iOS device

- 1. Like we did before, launch **Settings** and tap **Display & Brightness**.
- 2. Tap **Night Shift** \rightarrow Tap **From/To** under **Scheduled** (make sure **Scheduled** is enabled).

iGEEKSBL^OG

II IDEA 🗢	6:18 pm	@ 92% 🔳
〈 Back	Night Shift	
Night Shift autom warmer end of th get a better night	natically shifts the colours o e colour spectrum after dar 's sleep.	f your display to the k. This may help yo
Scheduled	(
From	(10	0:00 pm
То		7:00 am
COLOUR TEMPER	RATURE	
Less Warm		More Warm
	_0	

You can set Schedule as Sunset to Sunrise or Custom by entering a specific time range of the day.

iGEEKSBL^OG

•II IDEA 奈 ≺ Night Shift	6:19 pm Schedule	@ 92% (—) [,]	atl IDEA 奈 ✔Night Shift	6:20 pm Schedu	le	@ 91% —)	•III IDEA 奈 ✓ Night Shift	6:20 pm Schedu	le	@ 91% 🔳,
AUTOMATE SCHEDULE:		\frown	AUTOMATE SCHEDULI	Ξ:			AUTOMATE SCHEDUL	E:		
Sunset to Sunrise		(🗸)	Sunset to Sunrise			\frown	Sunset to Sunrise			
Custom Schedule		\checkmark	Custom Schedule			(🗸)	Custom Schedule			~
			Turn On At			9:00 pm	Turn On At			9:00 pm
			6				Turn Off At			8:00 am
			7	58 59	am		5			
			9	00	pm		6	58		
			10	01			8	00	am	
			12	03			9	01	pm	
			Turn Off At			7:00 am	10	02		

That's all folks!

Wrapping up...

You're all set! Night Shift will automatically activate according to your schedule. If you like how easy on your eyes Night Shift makes your iOS device, give <u>Dark Mode</u> a try.

Have a question about this iOS feature (or any other)? Ask away in the comments below.

You would like:

- Add Filter to Video on iPhone and iPad
- <u>10 Years of the Iconic iPad: How Has the Device Evolved</u>