

How to Adjust Screen Settings on macOS

Adjusting screen settings on macOS is crucial for optimizing your visual experience, whether you're using your Mac for work, entertainment, or creative projects. Screen settings include brightness, resolution, color profiles, and night shift mode, among others. Properly configuring these settings can reduce eye strain, improve color accuracy for design work, and enhance overall usability. This article will guide you through the various screen settings available on macOS and how to adjust them to suit your needs.

Examples:

1. Adjusting Brightness:

◦ Via System Preferences:

1. Click on the Apple menu (?) in the top-left corner of your screen.
2. Select "System Preferences."
3. Click on "Displays."
4. Use the "Brightness" slider to adjust the screen brightness to your preference.

◦ Using Keyboard Shortcuts:

- On most Mac keyboards, you can adjust the brightness using the F1 and F2 keys. F1 decreases brightness, while F2 increases it.

2. Changing Screen Resolution:

◦ Via System Preferences:

1. Open "System Preferences" from the Apple menu.
2. Click on "Displays."
3. In the "Display" tab, select "Scaled" to see available resolutions.
4. Choose the resolution that best fits your needs.

3. Setting Up Night Shift:

◦ Via System Preferences:

1. Open "System Preferences" from the Apple menu.
2. Click on "Displays."
3. Select the "Night Shift" tab.
4. You can schedule Night Shift to turn on automatically from sunset to sunrise or set a custom schedule. You can also manually enable it until the next day.



5. Adjust the "Color Temperature" slider to make the display warmer or cooler.

4. Selecting a Color Profile:

- **Via System Preferences:**

1. Open "System Preferences" from the Apple menu.
2. Click on "Displays."
3. In the "Color" tab, you can select from a list of available color profiles or calibrate your display by clicking "Calibrate."

5. Using Terminal to Adjust Brightness:

- If you prefer using the command line, you can adjust the brightness via Terminal with the brightness command. First, you need to install the brightness utility using Homebrew:

```
brew install brightness
```

- To set the brightness to 50%, use:

```
brightness 0.5
```