

Managing display settings for eye comfort

Smarter technology for all

Lenovo

Windows 10

The best devices in the world run Windows 10 Pro.

When you're working remotely, you can be significantly more productive if you use an external monitor or second monitor. Managing blue-light exposure when working on multiple screens is a must. Here's how you can make remote working easier on the eyes.



BLUE-LIGHT NEEDS TO BE CONTROLLED



Smartphones, televisions and computer screens produce blue-light



Blue-light is one of the shortest, highest-energy wavelengths¹



Wavelength between approximately 380nm and 500nm



Many modern devices expose us to unnatural levels of blue-light



Too much blue-light can disrupt natural sleeping patterns



It suppresses the production of sleep hormone (melatonin) more than any other type of light²

FINDING IT HARD TO CONCENTRATE?

Lack of sleep can inhibit creativity, cause irritability and interfere with focus



USE INBUILT FEATURES TO REDUCE BLUE-LIGHT

A

Lenovo Vantage is our application that helps you calibrate hardware, update drivers, run diagnostics and access customer support

B

Windows 10 devices offer a 'Night light' option in the Settings folder, for filtering blue-light. Use it to enable Eye Care Mode

C

Dial down display brightness to a comfortable level especially when working with multiple screens

LOOK FOR LOW BLUE LIGHT CERTIFICATION



TÜV Rheinland, an independent provider of technical testing services for product safety and quality awarded Lenovo with the world's first low blue-light certificate for All-in-One desktop computers.

It's important to be aware of blue-light emissions, considering how frequently we focus on screens



ThinkCentre M820z



MAKE SURE YOU USE THE RIGHT KIND OF DISPLAY

- Natural blue light solution to reduce emission without compromise
- Anti-glare panel scatters light and reduces reflections
- Flicker-free screen with eye-strain reduction
- Eye Comfort certification
- Crystal-clear visuals in 4K UHD



ThinkVision S28u

A few tips to reduce negative effects of blue-light

- Get outside at lunch time. This helps to reset your sleeping patterns
- Decrease your screen brightness later in the day
- 5 - 10 mins every hour. Get up, move around, look away from your screen
- Change the color temperature of your screen to warm, after lunch
- Eye Comfort and Low Blue Light certifications

ThinkVision S28u

Our displays are built to enhance comfort and sustain productivity, within any workspace

ThinkVision M14

For more information about setting up a professional working space away from the office, visit

www.lenovo.com/remoteworking

or contact your Lenovo Account Representative.

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¹ <http://www.bluelightexposed.com/#what-is-blue-light>

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2831986/>

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