

# Managing display settings for eye comfort

Smarter technology for all

Lenovo



Intel® Core™ i7 processor

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 wavelengths<sup>1</sup>**



**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 light<sup>2</sup>

## 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

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

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

[www.lenovo.com/remoteworking](http://www.lenovo.com/remoteworking)

or contact your Lenovo Account Representative.

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

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

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