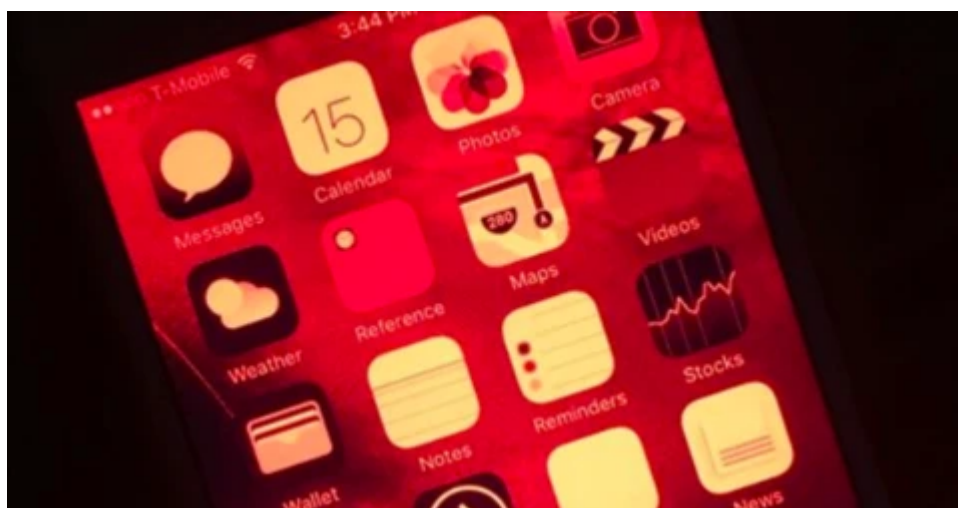**B**
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HOW TO TURN YOUR IPHONE SCREEN RED!

October 07, 2019

In Blog   12 comments

Do you want to turn your iPhone screen red and protect your body clocks from 100% of damaging blue and green light? Then this article if for you, brought to you by the team at BLUblox. The first section is for those with older iPhones, 8 and before and the second section helps those with newer iPhones, X and above.
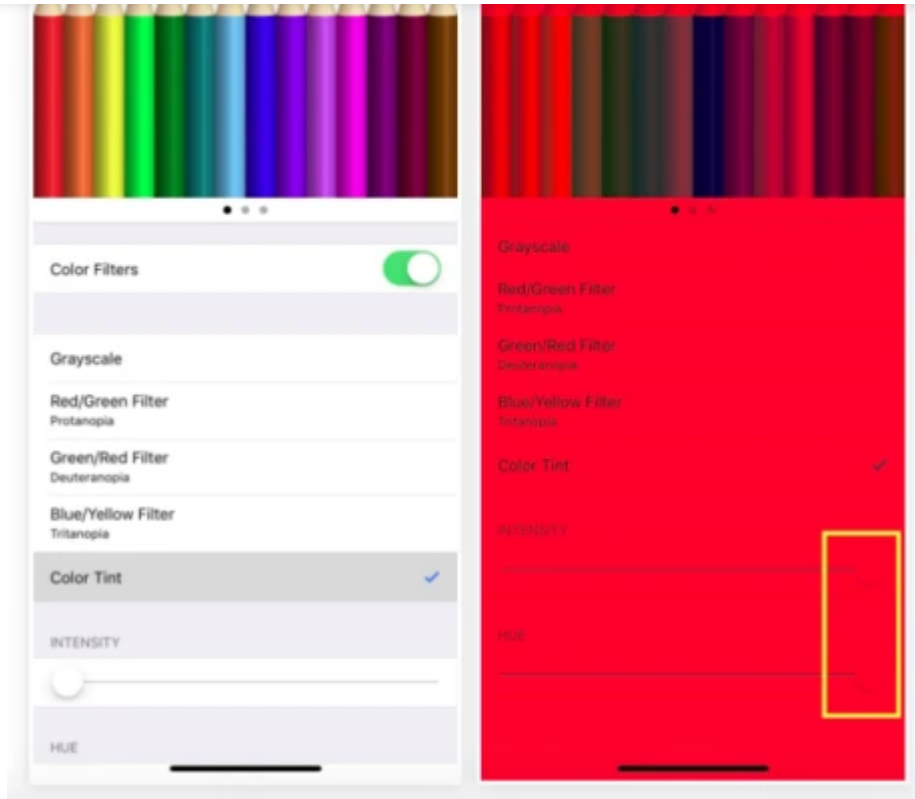

iPhone 8 and before

Selecting the red colour filter

Go to Settings –> General –> Accessibility –> Display Accommodations. Here, you will find "Colour Filters" option. Select it.

Next, enable "Colour Filters" with the switch at the top of the screen, then select "Colour Tint" as your filter. From here, scroll down just a little further, then use the *Intensity* and *Hue* sliders to make the red effect more prominent. Both should be in the far right position for maximum redness

Creating a shortcut

It would be a pain to be doing the red colour selection each evening, but fear not, we can add a short cut

Go to Settings –> General –> Accessibility, then scroll all the way to the bottom and select "Accessibility Shortcut." Choose the "Colour Filters" option from the list, and you're done. Now every time you triple-click the Home button, it'll switch between normal screen and red tint.

iPhone X and after

Go to Settings –> Accessibility –> Display and Text Size –> Colour Filters

Next, enable "Color Filters" with the switch at the top of the screen, then select "Color Tint" as your filter. From here, scroll down just a little further, then use the *Intensity* and *Hue* sliders to make the red effect more prominent. Both should be in the far right position for maximum redness.

Next Set up a short cut so you can triple-click the right side button to turn the screen red

Go to Settings –> Accessibility, then scroll all the way to the bottom and select "Accessibility Shortcut." Choose the "Color Filters" option from the list, and you're done. Now every time you

Lets hope other phone companies follow suit with this like Samsung as currently you can only create a warmer colour which is not as optimal as the iPhone

This is a great hack for iPhone but there is no why to hack your TV, fridge lights, appliances or house lights so make sure you protect yourself from other sources of blue and green light after sunset with BLUblox Sleep+ glasses!

12 comments

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12 THOUGHTS ON "HOW TO TURN YOUR IPHONE SCREEN RED!"

1.

Amber says: July 27, 2020 at 10:43am

any ideas on how to do this with a Mac desktop? I tried following similar instructions but the options are slightly different.

2.

Cathy says: July 13, 2020 at 10:49am

Thanks for the hack Andy! I am awaiting my night time blublox glasses eagerly, and appreciate you showing this iPhone setting hack for the mean time. Hope I can do it to my iPad Pro. Heard your guest appearance on the Intermittent Fasting podcast with Melanie Avalon and Gin Stephens and was really wowed with the information you gave, Hoping that my night blublox will help me bust through a weight loss
Thanks

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Abbie says:

March 17, 2020 at 10:09am

Thank you so much for this! Has improved my sleep so much more changing this setting if I have a little more computer work to do before bed.

Any recommendations of what bulbs are best in the home? I just moved into a new apartment and have been getting horrible headaches from the bulbs.

4.

Andy Mant says:

February 20, 2020 at 13:55pm

Thank you so much for everyone's comments on this blog, love you guys!

Love and Light

Andy

5.

Katie says:

February 20, 2020 at 13:55pm

Thank you!!!

1   2   3   Next

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