



## BLUE-LIGHT NEEDS TO BE CONTROLLED



televisions and computer

screens produce blue-light

Smartphones,



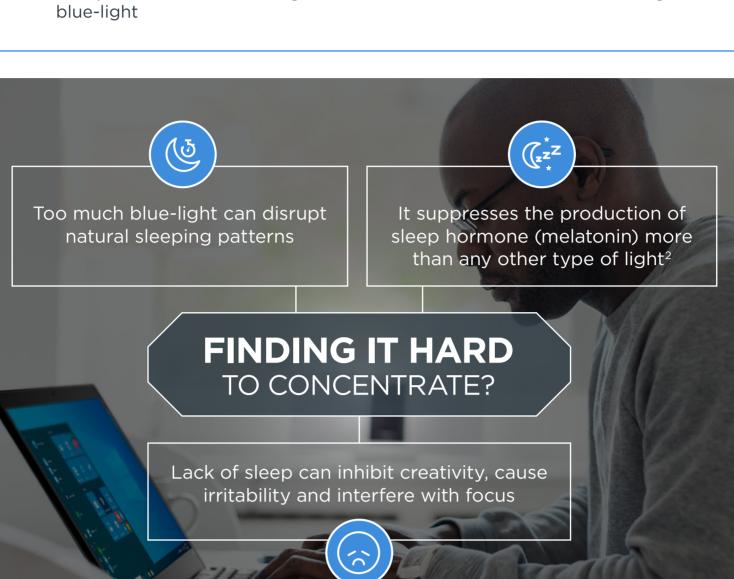
Blue-light is one of the shortest, highest-energy wavelengths<sup>1</sup>



between approximately 380nm and 500nm



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





## USE INBUILT FEATURES TO REDUCE BLUE-LIGHT



that helps you calibrate hardware, update drivers, run diagnostics and access customer support



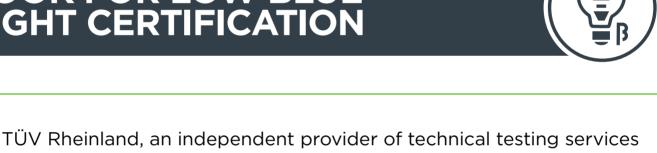
offer a 'Night light' option in the Settings folder, for filtering blue-light. Use it to enable Eye Care Mode



comfortable level especially when working with multiple screens

brightness to a

## LOOK FOR LOW BLUE LIGHT CERTIFICATION



for product safety and quality awarded Lenovo with the world's first low blue-light certificate for All-in-One desktop computers.





- Crystal-clear visuals in 4K UHD





• 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

ThinkVision M14

and sustain productivity, within any workspace

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