



HOW TO:

TURN YOUR IPHONE SCREEN RED AT NIGHT

Reduce blue light, protect your melatonin, and support deeper sleep — all with one simple trick.

Step-by-Step Setup Guide

1. Open your iPhone Settings

Settings → Accessibility

2. Tap Display & Text Size

3. Scroll down to Color Filters

Toggle it **on** and choose **Color Tint**

4. Adjust the sliders

Use **Hue** and **Intensity** to create your red screen effect.

A deep red tint works best to minimize blue light exposure.

Optional Shortcut for Quick Access

1. Go to:

Accessibility → Accessibility Shortcut

2. Select Color Filters

Triple-click the side or home button to toggle red light on/off anytime.

Why This Matters

Blue light suppresses melatonin, disrupts your circadian rhythm, and affects sleep quality.

Red light = calm brain, balanced hormones, and better rest.

Use This If You:

-  Scroll or text at night
-  Want to support your sleep naturally
-  Follow a low-EMF or biohacking lifestyle
-  Care about long-term circadian health

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