



Ever notice how people texting at night have that **eerie blue glow**?

Or wake up ready to write down the Next Great Idea, and get blinded by your computer screen?

During the day, computer screens look good—they're designed to **look like the sun**. But, at 9PM, 10PM, or 3AM, you probably shouldn't be looking at the sun.

f.lux

F.lux fixes this: it makes the color of your computer's display adapt to the time of day, warm at night and like sunlight during the day.

It's even possible that you're staying up too late because of your computer. You could use f.lux because it makes you sleep better, or you could just use it just because it makes your computer look better.

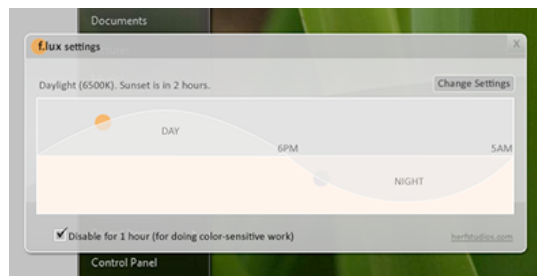


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f.lux makes your computer screen look like the room you're in, all the time. When the sun sets, it makes your computer look like your indoor lights. In the morning, it makes things look like sunlight again.

Tell f.lux what kind of lighting you have, and where you live. Then forget about it. F.lux will do the rest, automatically.



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Virgismens 1 hour ago

I want that this programs could work in games. On desktop works flux is wonderfull, bus in games is not working. Can flux work in games?

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adnan 4 hours ago

برنامج رائع شكرا على هذه الجهود وتتمنى المزيد

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Hassan 4 hours ago

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F.lux tweets

- 7ora7** Artparty: F-lux – Party és művészet péntek 13-án <http://bit.ly/k1mj3> 3 hours ago · [reply](#) · [retweet](#) · [favorite](#)
- jwcardenas** If you are a student or work or your desktop/laptop late at night you need f.lux <http://t.co/zB0u04V> 12 hours ago · [reply](#) · [retweet](#) · [favorite](#)
- PaleoFreedom** Just installed f.lux on my computer. No more blue light to keep me on twitter all night! 12 hours ago · [reply](#) · [retweet](#) · [favorite](#)
- dhughesinc** lovin f.lux – a software that adjust screen brightness according to the sun: <http://bit.ly/kiRtGg> 14 hours ago · [reply](#) · [retweet](#) · [favorite](#)
- pnacar** I uploaded a @YouTube video <http://youtu.be/jBVcyQfq...> F.lux en acció! 15 hours ago · [reply](#) · [retweet](#) · [favorite](#)
- longitudeonda** F.lux, un programa para descansar la vista <http://bit.ly/jcb1Tz> 18 hours ago · [reply](#) · [retweet](#) · [favorite](#)
- Urlaubskatalog** Merzig – Die Stadt mit viel Möglichkeiten im Dreilaendereck D – F – Lux. <http://www.urlaubskatalo...> 19 hours ago · [reply](#) · [retweet](#) · [favorite](#)
- rtechsupport** F.lux broke Windows Photo Viewer <http://bit.ly/kAsCmc #reddit> 19 hours ago · [reply](#) · [retweet](#) · [favorite](#)
- mattbrat1** Better Lighting for Your Comput – With F.lux <http://bit.ly/gYXsUI> 21 hours ago · [reply](#) · [retweet](#) · [favorite](#)



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Recent updates:

- Jan 26, Mac: Adds the option of a slow transition (which takes an hr
- Nov 29, Mac: Adds better support for color profiles per-monitor, and adapts properly if you change your profile while f.lux is runn
- Aug 29, PC: Allowed latitudes up to 65 degrees, fixed bug that slow down Windows, right click menu including ability to turn off auto-updates, Intel chipsets now wake from sleep using cor color setting.
- Mar 8, Mac: Added lat/long entry via map, DST fix.
- Feb 24, PC: Added lat/long entry, location finder, slow transition opti more reliable method for adjusting gamma (fixes power sav and CPU usage issue)
- Feb 21, PC: Fixed a resource leak
- Feb 20: Mac "disable for an hour", Mac/PC: works down under, too. Oops.
- Feb 19, Mac: icon, 2700K/tungsten mode, slower animations, auto-update with sparkie!
- Feb 18, PC: auto-update, only run a single instance, 90% less cpu u in background, don't let other apps mess with colors, eula.
- Feb 10: Mac expects color settings better, PC fix for "parameter is incorrect"
- Feb 8, Mac: Multiple displays, adding/removing displays on the fly, a slower startup animation
- Feb 3: PC supports non-admin install (Local Settings)

MacOS Tiger users can make f.lux run at startup like this:

1. Use System Preferences -> Accounts
2. Choose the "Login Items" tab
3. Click the '+' and add Flux.app

Future features and known bugs:

- Make f.lux respect existing color calibrators better
- Add nicer illustrations for the Mac

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1 person liked this. Like Reply

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Like Reply

 lornamatic liked this

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6 people liked this. Like Reply

Like Reply

Like Reply

Like Reply

Like Reply


Then double click the one you want to remove.

[Like](#) [Reply](#)**Sonicbunny** 1 day ago

Love the program. One slight problem: it seems to be overriding my software brightness settings (as set in nvidia control panel under Win7.) My monitor at lowest hardware settings is still too bright in the evenings, even if the colour temperature is more comfortable. Is there any way to keep the colour temp adjustment but allow us to set our own brightness, contrast and gamma?

[Like](#) [Reply](#)**Geterx** 1 day ago

Just wanted to say I've been using Flux for many months now and I love it. You are a god amongst men. Thank you.

 **lorumatic** liked this [Like](#) [Reply](#)**Amit** 2 days ago

Any chance of getting an option to not display the icon in the title bar near the clock? I prefer it to be clean, and the less icons the better. Otherwise, I love your little program... it saves my eyes!

[Like](#) [Reply](#)**Braveheart1446** 2 days ago

thank you جزاكم الله خيرا

[Like](#) [Reply](#)**Guest** 2 days ago

f.lux is awesome! I could actually feel my eyes relaxing as the screen changed to the halogen.

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Reactions

**PirateXxEsque** 4 hours ago From [Twitter](#)

@noiseboyartist <http://stereopsis.com/flux/>

**jwcardenas** 12 hours ago From [Twitter](#)

If you are a student or work on your desktop/laptop late at night you need f.lux <http://t.co/zB0u04V>

**dhughesinc** 14 hours ago From [Twitter](#)

lovin f.lux - a software that adjust screen brightness according to the sun: <http://bit.ly/KiRtGg>

**joelrbrandt** 14 hours ago From [Twitter](#)

flux definitely makes me sleepier at work "@iwehrman: ... things that make using a computer screen less awful: <http://t.co/lrj4C0...>"

**NancyHall** 23 hours ago From [Twitter](#)

No more blue-screen eyeball fry... <http://ping.fm/AC9xY> (free & cool)

**mbrochh** 1 day ago From [Twitter](#)

Trying out f.lux - a software that adjust my screen brightness according to the sun: <http://bit.ly/inRzKi> Relaxing indeed!

**rbxbx** 1 day ago From [Twitter](#)

@ryanbigg maybe should should give <http://stereopsis.com/flux/> a try. I'm appalled by computers without it now (at night).

**recordinghacks** 1 day ago From [Twitter](#)

Pink is the new white. (too many late nights working with f.lux on) <http://stereopsis.com/flux/>

**kana_jz** 1 day ago From [Twitter](#)

まさにこれ、欲しかったソフト！！→部屋の明かりや朝の自然光などに合わせてスクリーンの色温度を調節してくれるアプリ【F.lux】 <http://stereopsis.com/flux/>

**rickychang** 1 day ago From [Twitter](#)

RT @iwehrman: Two favorite new things that make using a computer screen less awful: <http://stereopsis.com/flux/> and <http://ethanschoonover.com/solarized>

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F.lux is patent pending. If you make a cell phone or other cool device, and want to talk about licensing f.lux? Email us: flux@mikeandlorna.com
Thanks to David Santiago for his work to make f.lux work on Mac OS X.