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Light On Dark Colour Scheme (Dark Mode)

Is dark mode really better for your eyes?

THE DARK MODE

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Does dark mode support the idea of the potential they have created to help the costumers vision? The possibility and the promise will uncover the key for this question. The light-on-dark colour scheme, also known as black mode, dark mode, dark theme, or night mode, is a colour scheme that uses light-coloured text, icons, and graphical user interface elements on a dark background and is frequently discussed in computer user interface design and web design. Apple introduced the dark mode for macOS Mojave in September 2018, and it went beyond aesthetics, suggesting that it is easier on the eyes in low-light settings. Then, Apple introduced the dark mode for iPhone's iOS 13 in September 2019, and this has recently become such a heated topic on the internet. However, whether dark mode is preferable or worse for the user's health has triggered a debate.

Since this feature is system-wide, all native Apple apps, along with your notifications and widgets, will support dark mode. Furthermore, third-party developers can also include Dark

Mode into their apps. The effects are especially noticeable in apps such Apple Health and Calendar, where most of the display is white. Dark Mode's colour scheme contains darker colour combinations and lighter foreground colours that have already been carefully selected to ensure contrast while maintaining a similar feel across modes and apps.

Apart from the clear creative abilities, dark mode helps to protect your eyes from the generally glaring whiteness of computer and phone screen. Dark mode supporters argue that it can boost the contrast between the text you're reading and the background. Dark mode may even cut down on blue light exposure which has demonstrated side effects, such as difficulty sleeping and eye strain. According to historical research, using the bright setting reduces tiredness and improves comfortability.
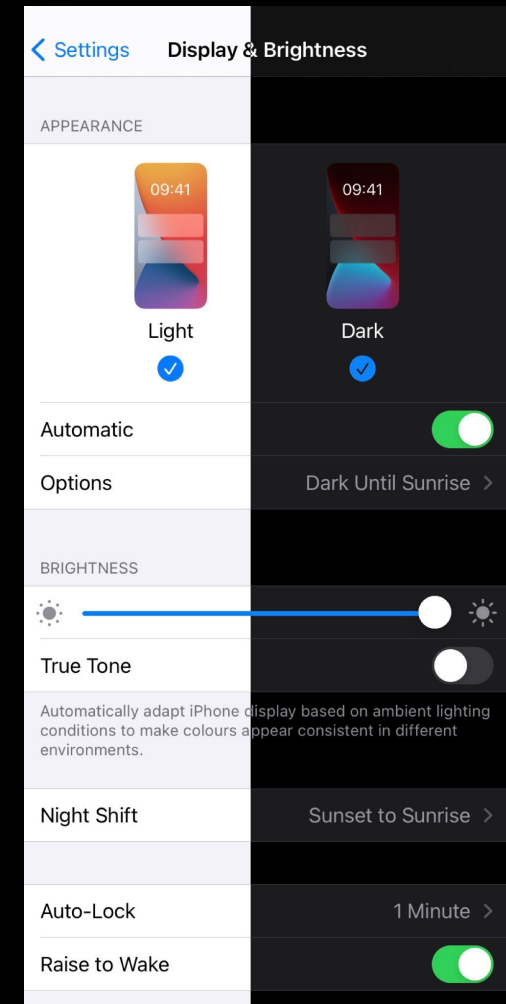
One of the benefits emphasised in marketing as dark mode gained popularity in recent years was its potential to conserve battery life. When one dark interface is layered on top of another in Dark Mode, the system uses two sets of foundation colours which are base and elevated, to heighten the sense of depth. Background interfaces appear to withdraw because to the darker base colours, however foreground interfaces appear to advance due to the lighter heightened colours. It's much easier to see white text on a black backdrop than to have your face lighted by white light if you're lying-in bed reading something on your phone late at night.

Light mode is better for readability, especially when it comes to long-form information, according to scientists. In a survey that posted by the Polar App, nearly 90% voted for the dark theme. People who have access dark mode on their iPhone argue that "dark mode isn't for everyone, and in some cases, it can actually cause more vision problems than solutions." Modern devices are equipped with a hardware button or a programming brightness adjuster that lets users to control the display brightness manually.

Overall, does dark mode support the idea of the potential they have created to help the costumers vision? Well, the answer is yes and no. The dark mode is better for the eyes in low visibility levels and improves battery life. However, it is primarily aimed at devices for those who suffer from problems related to extreme brightness.

Dark mode is a better alternative to employ when the user is using their phone in a low-light setting since it protects the eyesight from the conventional dazzling brightness of a phone displays. Light mode, on the other hand, is gentler on the eyes and can help you be more efficient in brighter situations. The dark text on a light background improves performance by making letter identification simpler and allowing for higher reading speed.
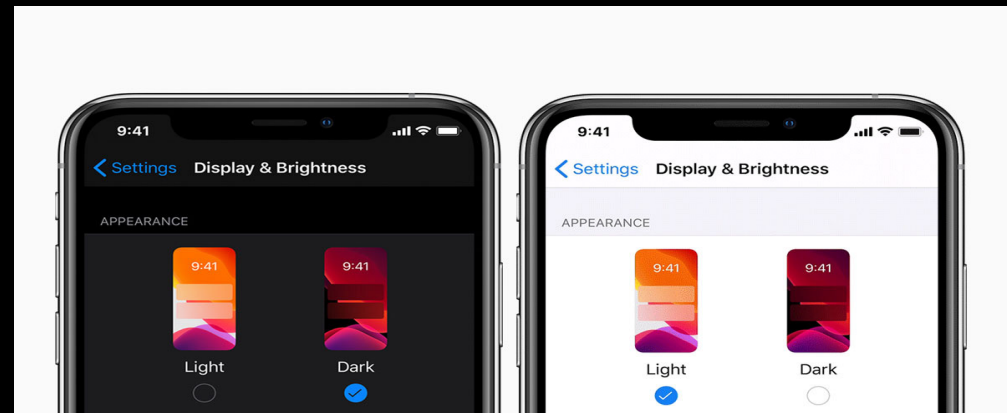
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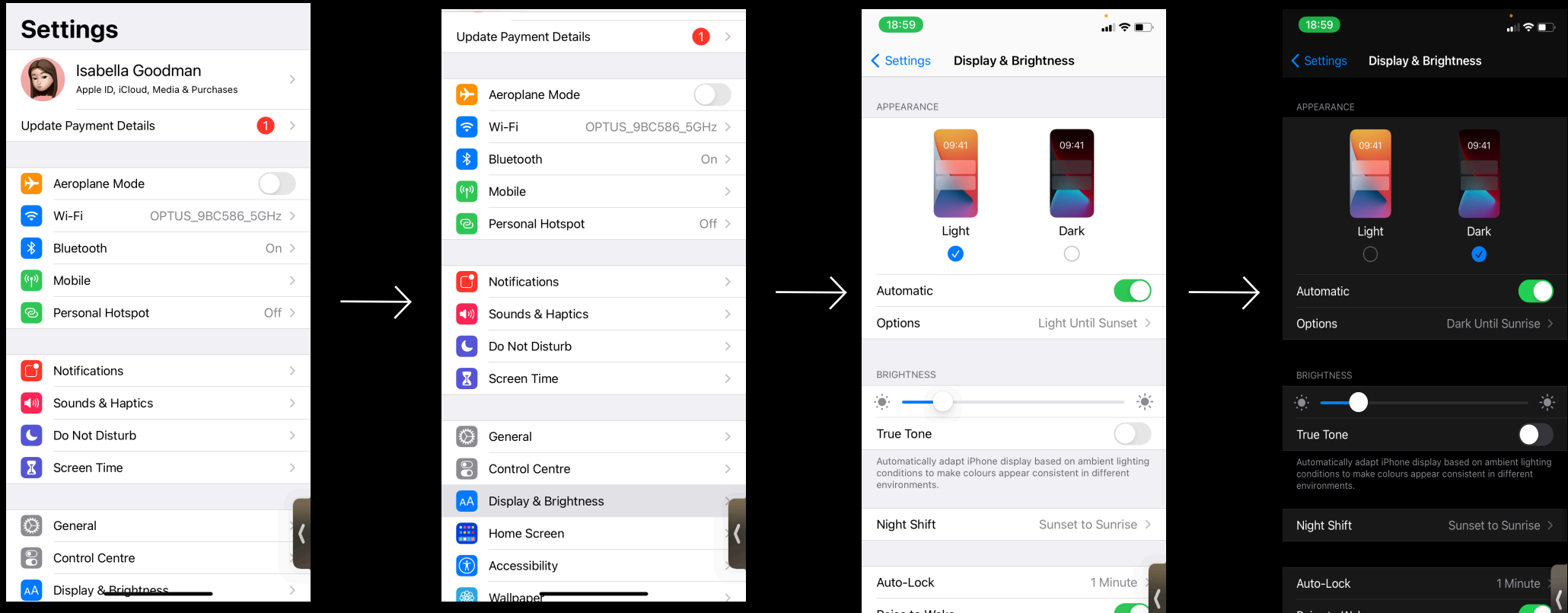
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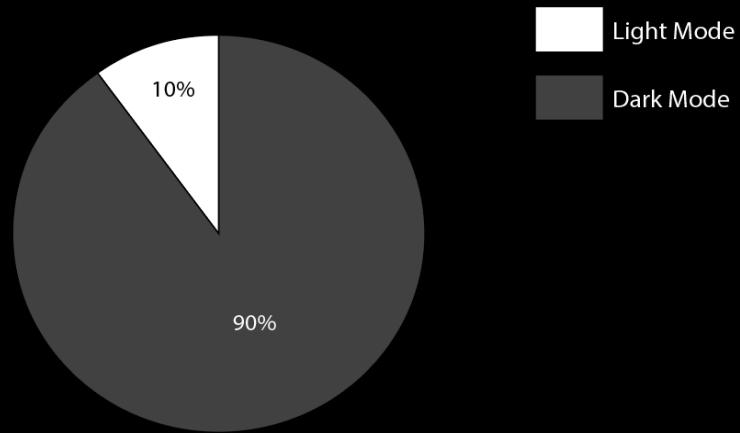
Dark Mode

In a survey that "The polar app" posted ,nearly 90% of people aged 17 - 25 voted for the dark theme.

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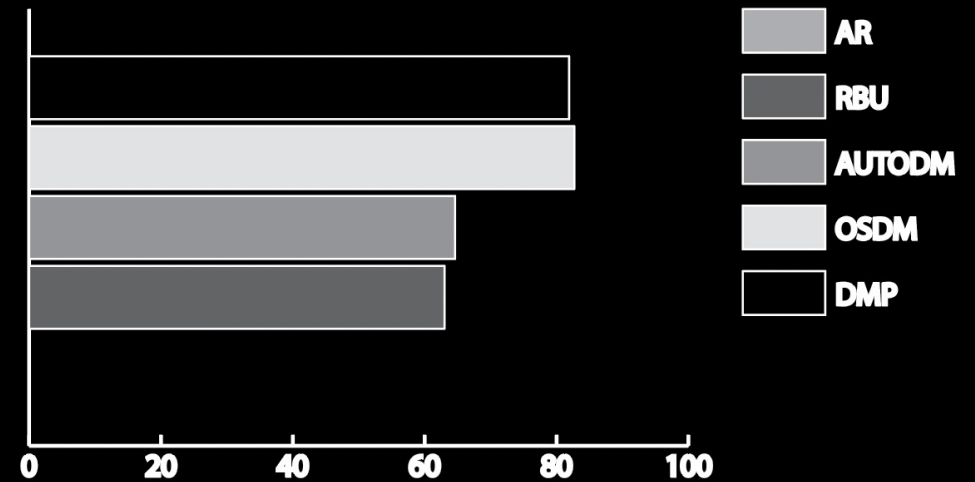
According to a recent investigation, 81.9% of users use dark on their phone. 82.7% of participants use operating system's dark mode. 64.6% of people expects sites to automatically change a dark theme. Dark mode can go down to 63%. Adoption rates for Iphone dark mode are between 55-70%.

How to enable dark mode

Light Mode

Advantages	Disadvantages
– Easier on the eyes in a bright environment and could make you more productive – Better for readability, especially when it comes to long-form information	– Excessive exposure to blue light can suppress the secretion of melotonin – Harder to see in low light environments – Effect your eyes when looking at your screen in a dark room – Can distract you or other due to brightness

Dark Mode

Advantages	Disadvantages
– Extends battery life – May cut down on blue light exposure – May reduce eye strain – Easier to read a text against dark background – It decreases the light radiated by the screen of the device while sustaining the minimum colour difference proportion essential for readability.	– Displays emit less light than light-mode. – May lower reading comprehension and focus – Does not improve battery life on older devices without OLED screens

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