What is f.lux and why should I use it?

Life at University can be extremely busy, and sometimes getting a good night’s sleep can be difficult. Between nights out, societies, studying and working, your sleep cycle can become disturbed. However, the biggest culprit might be the phone in your pocket or the laptop on your desk!

One of the biggest contributors to modern sleep problems is the use of artificial lighting and electronics at night. These devices emit light of a blue wavelength, which inhibits the production of melatonin and reduces both the quality and quantity of sleep. Essentially, light from a phone or computer trick our brains into thinking that it is daytime.

Numerous studies suggest that blue light in the evening disrupts the brain’s natural sleep-wake cycles, which are crucial for optimal function of the body and mind. f.lux is a piece of software designed to help you sleep better simply by adjusting 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 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.

You can change colours, location, and other settings from the f.lux menu, which is always located to the left of your system clock.

It is currently available for Windows, Mac, Linux and iOS devices from the f.lux website:

https://justgetflux.com/