My Favorite Tool:
f.lux

Hannah J. Craven, MLIS
Research & Scholarly Communications Librarian
@HannahC_MLIS
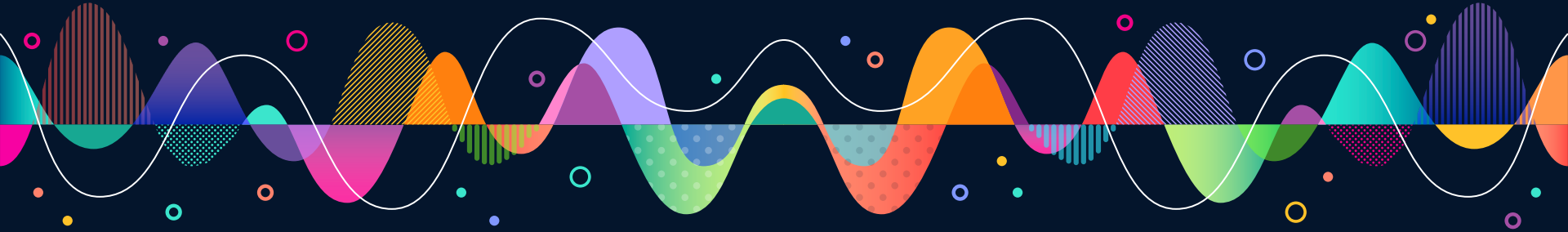iD 0000-0002-1701-3655

Suprachiasmatic Nucleus (SCN)

Zeitgebers
"time giver"

Voigt RM, Forsyth CB, Keshavarzian A. Circadian Disruption. *Alcohol Res*. 2013;35(1):87-96. Accessed May 10, 2021. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3860420/
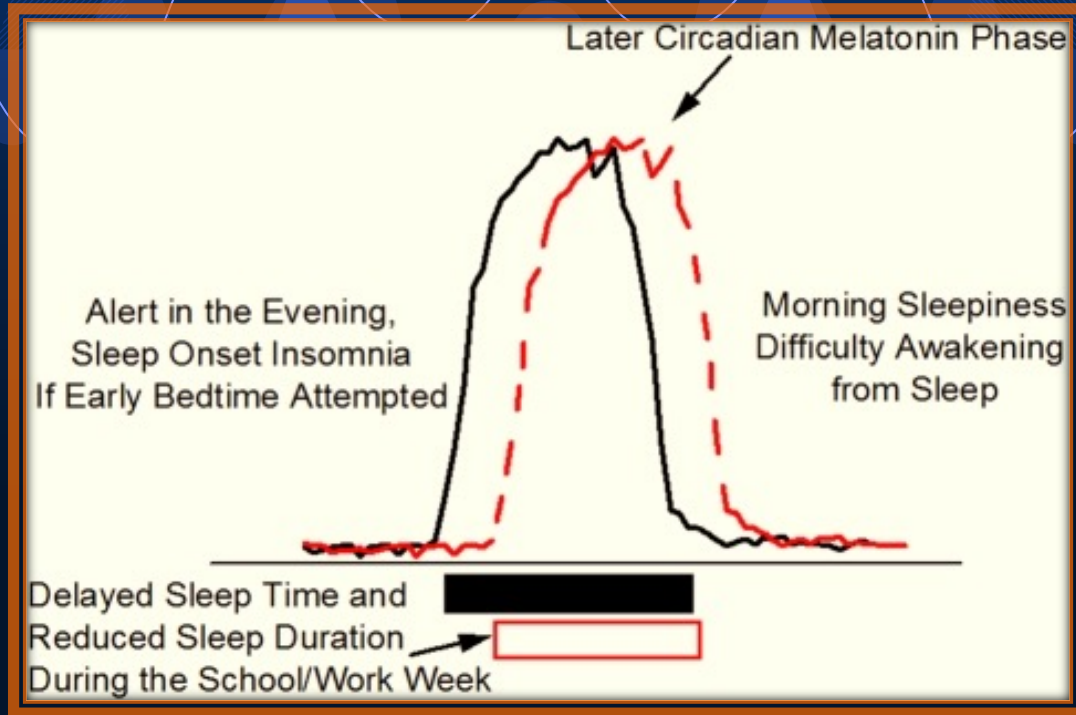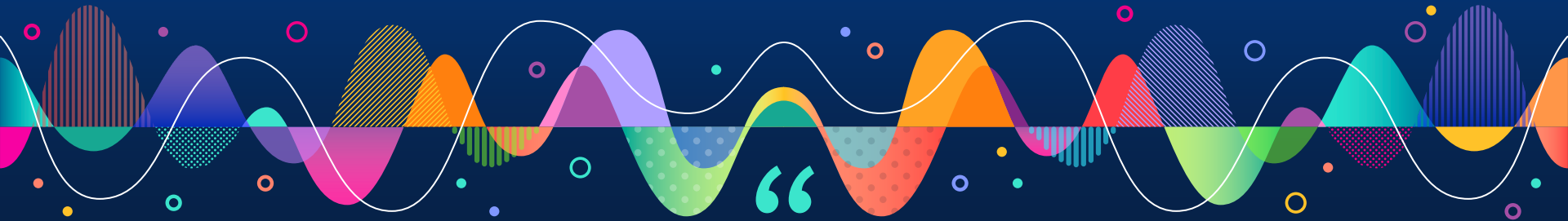
Later Circadian Melatonin Phase

Alert in the Evening,
Sleep Onset Insomnia
If Early Bedtime Attempted

Morning Sleepiness
Difficulty Awakening
from Sleep

Delayed Sleep Time and
Reduced Sleep Duration
During the School/Work Week

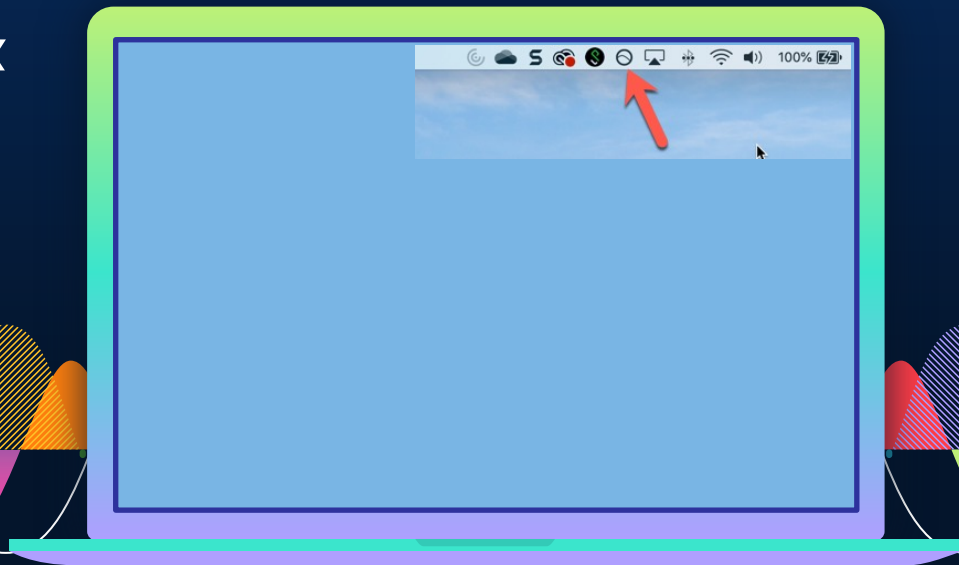# So... just get f.lux

https://justgetflux.com/

It makes the color of your computer's display adapt to the time of day, warm at night and like sunlight during the day.

– justgetflux.com

Install f.lux

It will exist on your computer's toolbar
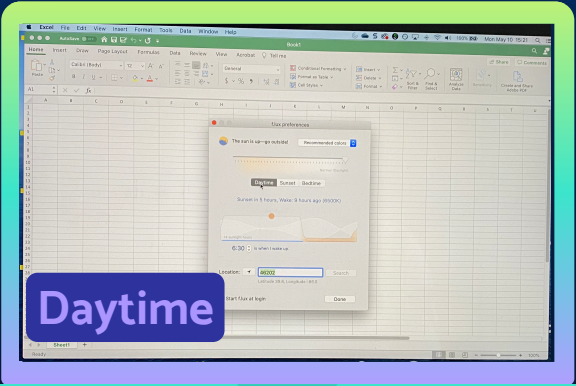
Mac: top right

PC: bottom right

Tweak the settings to your liking

Here are the preferences
for f.lux

f.lux preferences

The sun is up—go outside!   Custom colors

5000K

Daytime Sunset Bedtime

Sunset in 6 hours, Wake: 9 hours ago (5000K)

14 sunlight hours

6:30   is when I wake up.

Location: 46202   Search

Zipcode 46202: 39.8, -86.1

☑ Start f.lux at login   Done

▷ Move the slider to set
your screen's color

▷ Enter your wake time
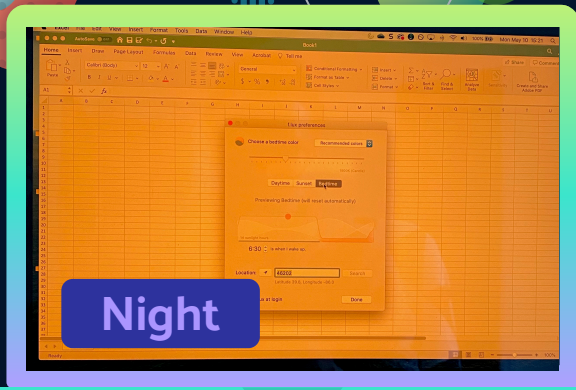
▷ Add your location

Daytime
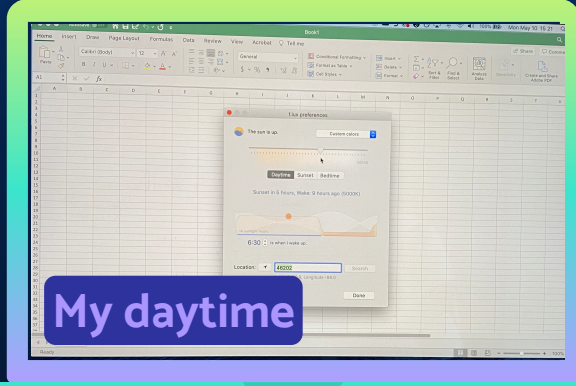
My daytime
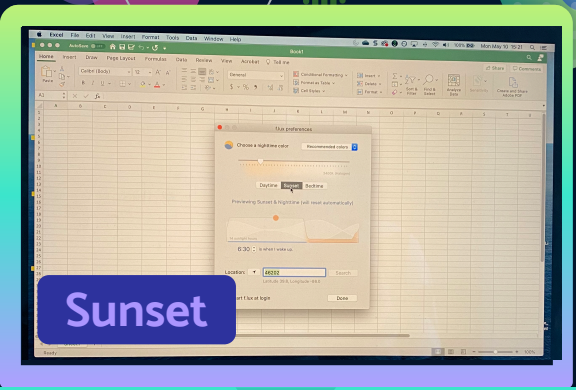
Sunset

Night

My experience with f.lux

Over 5 years

I have used f.lux well over five years across many different computers (personal and work machines)

Better than native

My Mac has "Night Shift" but I find f.lux to have more options

Necessity

Always install at work

Essential during WFH

For your consideration

Learning Curve

This can be up and running minutes after initial install
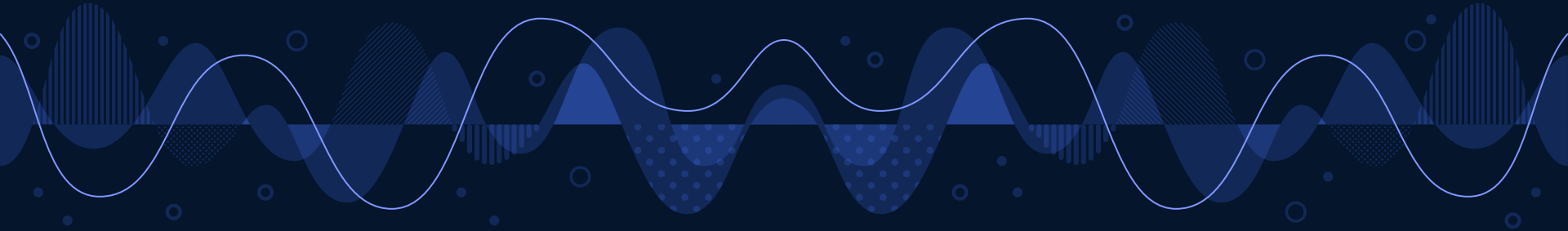
Audience

This tool can be used by anyone who uses a computer for an extended duration in daily life

Versatility

This program is available for both PC and Mac and is immediately usable

Sustainability

f.lux has been around for several years now and is still supported with updates

THANKS!

Just get f.lux!

@HannahC_MLIS | hancrave@iu.edu