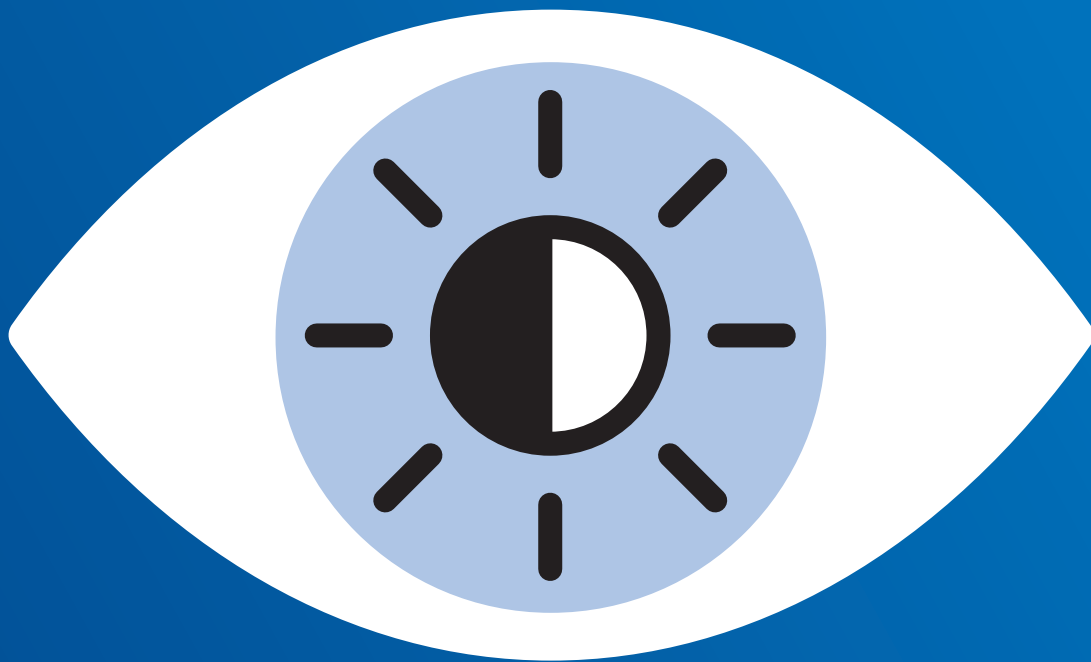


Easy on the eyes, easier on the planet



Adjust your monitor brightness

As well as helping with eye strain, turning the brightness down on your monitor from **100% to 70%** can save up to **20%** of the energy it uses.

To find out more about our community of practice for digital sustainability, visit:
digital.nhs.uk/sustainability

