Setting Monitor Brightness

1. **FACT**: Most displays are set far too bright for accurate photographic display. They look nice but the printer image will not be what you see.

2. For photography your monitor should be set to Gamma 2.2, colour temperature 6500K and brightness (luminance) of $100cd/m^2$.

   Check your monitor to see whether it permits some or all of these adjustments.

   Following this, you should then proceed to calibrate your monitor, ideally with a device such as a Datacolor Spyder, Pantone Huey PRO, X-Rite i1Display 2 Colorimeter or similar hardware.

3. If you are unable to do the above you can still get an approximate brightness of your display if you have a digital camera with spot metering. Here's the procedure:

   a. Open a blank white window, e.g in a web browser, in Photoshop, Microsoft Word, etc. Give yourself lots of white space.

   b. Set your camera to manual exposure, with settings of aperture F8, shutter speed $^1/_{15}$ sec and ISO 100.

   c. Point your camera's spot meter at the white space and adjust the brightness of your monitors display until the camera's exposure meter lies exactly in the middle of its exposure scale.

      If your camera does not have spot metering use centre-weighted but make sure that you are sitting in your usual position and that the white bit on the screen fills the view finder.

   d. If you have done this your display will be at approximately $100cd/m^2$.

   JOB DONE!!
   Your monitor will now look a bit darker and less vivid than before. But this is what you need in the drive to get better colour management and you will get used to it in no time. Trust me!