


Inspiron 16 Plus 7640

Owner's Manual - NVIDIA GeForce RTX 4050/4060
and Intel Graphics



Notes, cautions, and warnings

 **NOTE:** A NOTE indicates important information that helps you make better use of your product.

 **CAUTION:** A CAUTION indicates either potential damage to hardware or loss of data and tells you how to avoid the problem.

 **WARNING:** A WARNING indicates a potential for property damage, personal injury, or death.

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Views of Inspiron 16 Plus 7640

Right



Figure 1. Right view

1. microSD-card slot

Reads from and writes to the microSD card. The computer supports the following card types:

- microSecure Digital (microSD)
- microSecure Digital High Capacity (microSDHC)
- microSecure Digital Extended Capacity (microSDXC)

2. Universal audio jack

Connect headphones or a headset (headphone and microphone combo).

3. USB 3.2 Gen 1 (5 Gbps) port

Connect devices such as external storage devices and printers. Provides data transfer speeds up to 5 Gbps.

4. USB 3.2 Gen 1 (5 Gbps) port

Connect devices such as external storage devices and printers. Provides data transfer speeds up to 5 Gbps.

Left

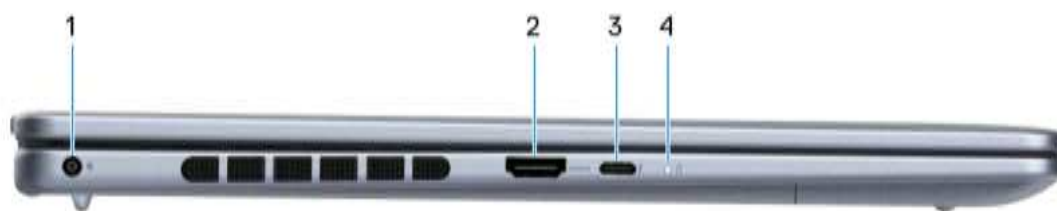


Figure 2. Left view

1. Power-adaptor port

Connect a power adapter to provide power to your computer and charge the battery.

2. HDMI 2.1 port

Connect to a TV, external display or another HDMI-in enabled device. Provides video and audio output.

3. Thunderbolt 4.0 (40 Gbps) port with Power Delivery and DisplayPort

Supports Thunderbolt 4 and DisplayPort 2.1 and also enables you to connect to an external display using a display adapter. Provides data transfer rates of up to 40 Gbps for Thunderbolt 4.

NOTE: You can connect a Dell Docking Station to the Thunderbolt 4 ports. For more information, search in the Knowledge Base Resource at [Dell Support Site](#).

NOTE: A USB Type-C to DisplayPort adapter (sold separately) is required to connect a DisplayPort device.

NOTE: Thunderbolt 4 supports two 4K displays or one 8K display.

4. Battery-status light

Indicates the battery-charge status.

- Solid yellow - Battery charge is low.
- Blinking yellow - Battery charge is critical.

Top



Figure 3. Top view

1. Power button with optional fingerprint reader

Press to turn on the computer if it is turned off, in sleep state, or in hibernate state.

When the computer is turned on, press the power button to put the computer into a sleep state; press and hold the power button for 10 seconds to force shut-down the computer.

If the power button has a fingerprint reader, place your finger on the power button steadily to log in.

NOTE: The power-status light on the power button is available only on computers without the fingerprint reader. Computers that are shipped with the fingerprint reader that is integrated on the power button will not have the power-status light on the power button.

NOTE: You can customize the power-button behavior in Windows.

2. Touchpad

Move your finger on the touchpad to move the mouse pointer. Tap to left-click and two fingers tap to right-click.

Front



Figure 4. Front view

1. Left microphone

Provides digital sound input for audio recording and voice calls.

2. Privacy shutter

Slide the privacy shutter to cover the camera lens and protect your privacy when the camera is not in use.

3. Camera

Enables you to video chat, capture photos, and record videos.

4. Camera-status light

Turns on when the camera is in use.

5. Right microphone

Provides digital sound input for audio recording and voice calls.

6. Display panel

Provides visual output to the user.

7. Speakers (Front-firing)

Provides audio output.

Bottom



Figure 5. Bottom view

1. Right speaker (down-firing)

Provides audio output.

2. Service Tag label

The Service Tag is a unique alphanumeric identifier that enables Dell service technicians to identify the hardware components in your computer and access warranty information.

3. Left speaker (down-firing)

Provides audio output.

Service Tag

The service tag is a unique alphanumeric identifier that allows Dell service technicians to identify the hardware components in your computer and access warranty information.

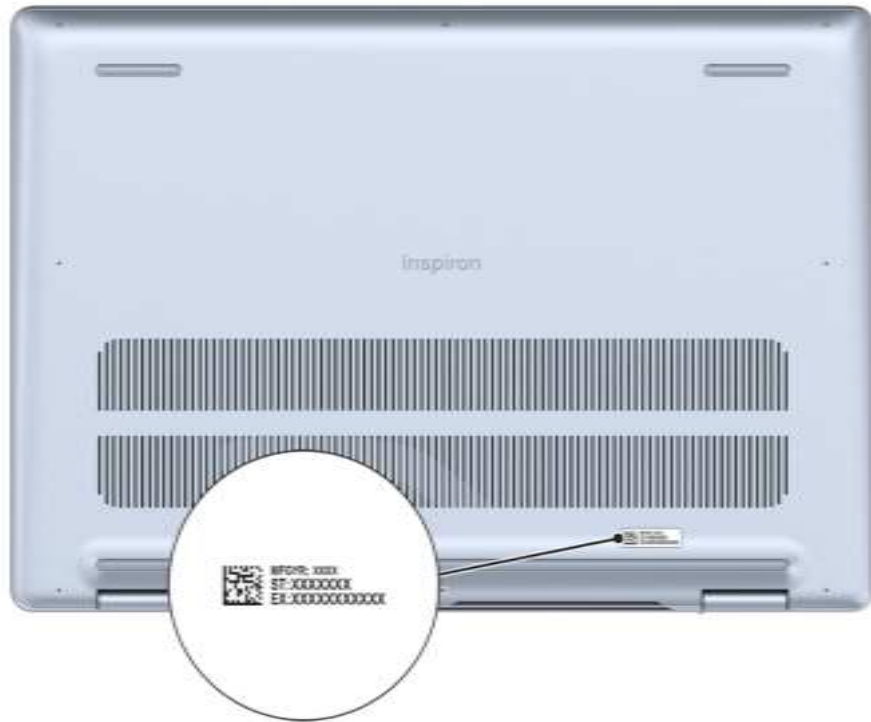


Figure 6. Service Tag location

Battery-charge status light

The following table lists the battery-charge status light of your Inspiron 16 Plus 7640.

Table 1. Battery charge and status light behavior

Power source	LED behavior	System power state	Battery charge level
AC adapter	Off	S0 or S5	Fully charged
AC adapter	Solid white	S0 or S5	< Fully charged
Battery	Off	S0 or S5	11-100%
Battery	Solid amber (590+/-3 nm)	S0 or S5	< 10%

- S0 (ON): Computer is turned on.
- S4 (Hibernate): The computer consumes the least power in the Hibernate state than in the ON or OFF state. The computer is almost in the OFF state. The context data is written to a storage device, allowing you to resume from where you left when the computer is turned on.
- S5 (OFF): The computer is in a shutdown state.

Set up your Inspiron 16 Plus 7640

About this task

NOTE: The images in this document may differ from your computer depending on the configuration you ordered.

Steps

1. Connect the power adapter and press the power button.



Figure 7. Connect the power adapter

NOTE: The battery may go into power-saving mode during shipment to conserve charge on the battery. Ensure that the power adapter is connected to your computer when it is turned on for the first time.

2. Finish the Windows setup.

Follow the on-screen instructions to complete the setup. When setting up, Dell Technologies recommends that you:

- Connect to a network for Windows updates.

NOTE: If connecting to a secured wireless network, enter the password for the wireless network access when prompted.

- If connected to the Internet, sign in with or create a Microsoft account. If not connected to the Internet, create an offline account.
- On the **Support and Protection** screen, enter your contact details.

3. Locate and use Dell apps from the Windows Start menu—Recommended.

Table 2. Locate Dell apps in Windows in S-mode










Resources	Description
	<p>Dell Product Registration</p> <p>Register your computer with Dell.</p>
	<p>Dell Help & Support</p> <p>Access help and support for your computer.</p>
	<p>SupportAssist</p> <p>SupportAssist proactively and predictively identifies hardware and software issues on your computer and automates the engagement process with Dell Technical support. It addresses performance and stabilization issues, prevents security threats, monitors, and detects hardware failures. For more information, see <i>SupportAssist for Home PCs User's Guide</i> at Serviceability Tools at Dell Site. Click SupportAssist and then, click SupportAssist for Home PCs.</p> <p> NOTE: In SupportAssist, click the warranty expiry date to renew or upgrade your warranty.</p>

Table 3. Locate Dell apps in Windows


Resources	Description
	<p>My Dell</p> <p>MyDell is a software application that offers you a single streamlined engagement platform including account access, device information, and hardware settings. This software delivers intelligent features that automatically fine-tune your computer for the best possible audio, power, and performance. Get the most out of your Dell device with intelligent, personalized technology from MyDell. Following are the key features of MyDell:</p>
	<p>Dell Update</p> <p>Updates your computer with critical fixes and latest device drivers as they become available. For more information about using Dell Update, see the product guides and third-party license documents at Dell Support Site.</p>
	<p>Dell Digital Delivery</p> <p>Download software applications, which are purchased but not preinstalled on your computer. For more information about using Dell Digital Delivery, search in the Knowledge Base Resource at Dell Support Site.</p>
	<p>SupportAssist</p> <p>SupportAssist proactively and predictively identifies hardware and software issues on your computer and automates the engagement process with Dell Technical support. It addresses performance and stabilization issues, prevents security threats, monitors, and detects hardware failures. For more information, see <i>SupportAssist for Home PCs User's Guide</i> at Serviceability Tools at Dell Site. Click SupportAssist and then, click SupportAssist for Home PCs.</p> <p> NOTE: In SupportAssist, click the warranty expiry date to renew or upgrade your warranty.</p>

Specifications of Inspiron 16 Plus 7640

Dimensions and weight

The following table lists the height, width, depth, and weight of your Inspiron 16 Plus 7640.

Table 4. Dimensions and weight

Description	Values
Height:	
Front height	17.40 mm (0.69 in.)
Rear height	18.30 mm (0.72 in.)
Width	356.78 mm (14.05 in.)
Depth	250.60 mm (9.87 in.)
Weight  NOTE: The weight of your computer depends on the configuration that is offered.	<ul style="list-style-type: none"> 5.07 lb (2.30 kg), maximum 4.94 lb (2.24 kg), minimum

Processor

The following table lists the details of the processors that are supported for your Inspiron 16 Plus 7640.

Table 5. Processor


Description	Option one
Processor type	14th Generation Intel Ultra 7 155H
Processor wattage	28 W
Processor total core count	14
Performance-cores	6
Efficient-cores	8
Processor total thread counts  NOTE: Intel® Hyper-Threading Technology is only available on Performance-cores.	22
Processor speed	Up to 4.80 GHz
Performance-cores frequency	
Processor base frequency	1.40 GHz
Maximum turbo frequency	4.80 GHz
Efficient-cores frequency	

Table 5. Processor (continued)

Description		Option one
	Processor base frequency	1.40 GHz
	Maximum turbo frequency	3.80 GHz
Processor cache		24 MB
Integrated graphics		Intel Arc Graphics

Chipset

The following table lists the details of the chipset that is supported in your Inspiron 16 Plus 7640.

Table 6. Chipset

Description	Values
Chipset	Integrated in the processor
Processor	14th Generation Intel Ultra 7
DRAM bus width	64-bit
Flash EPROM	32 MB + 16 MB
PCIe bus	Up to Gen4

Operating system

Your Inspiron 16 Plus 7640 supports the following operating systems:

- Windows 11 Pro, 64-bit
- Windows 11 Pro National Education, 64-bit
- Windows 11 Home, 64-bit

Memory

The following table lists the memory specifications that are supported by your Inspiron 16 Plus 7640.

Table 7. Memory specifications

Description	Values
Memory slots	Two DIMM slots
Memory type	DDR5
Memory speed	5600 MT/s
Maximum memory configuration	32 GB
Minimum memory configuration	8 GB
Memory size per slot	8 GB, 16 GB, or 32 GB


Table 7. Memory specifications (continued)

Description	Values
Memory configurations supported	<ul style="list-style-type: none">• 16 GB, 2 x 8 GB, DDR5, dual-channel, 5600 MT/s• 32 GB, 2 x 16 GB, DDR5, dual-channel, 5600 MT/s• 64 GB, 2 x 32 GB, DDR5, dual-channel, 5600 MT/s

External ports and slots

The following table lists the external ports and slots on your Inspiron 16 Plus 7640.


Table 8. External ports and slots

Description	Values
USB ports	<ul style="list-style-type: none">• Two USB 3.2 Gen 1 (5 Gbps) ports• One Thunderbolt 4 (40 Gbps) port with DisplayPort Alt Mode and Power Delivery <p> NOTE: A USB Type-C to DisplayPort adapter (sold separately) is required to connect to a DisplayPort device.</p>
Audio port	One universal audio jack
Video port(s)	One HDMI 2.1 port
Media-card reader	One microSD-card slot
Power-adaptor port	<ul style="list-style-type: none">• One 4.5 mm x 2.9 mm DC-in• One Thunderbolt 4 port with DisplayPort and Power Delivery
Security-cable slot	Not supported

Internal slots

The following table lists the internal slots of your Inspiron 16 Plus 7640.


Table 9. Internal slots

Description	Values
M.2	<ul style="list-style-type: none">• One M.2 slot for WiFi and Bluetooth combo card• One M.2 slot for a M.2 2230 or M.2 2280 solid-state drive• One M.2 slot for a M.2 2230 solid-state drive <p> NOTE: To learn more about the features of different types of M.2 cards, search in the Knowledge Base Resource at Dell Support Site.</p>

Wireless module

The following table lists the Wireless Local Area Network (WLAN) modules that are supported on your Inspiron 16 Plus 7640.

Table 10. Wireless module specifications

Description	Option one	Option two
Model number	Intel AX211	Intel BE200
Transfer rate	Up to 2400 Mbps	Up to 5760 Mbps
Frequency bands supported	2.4 GHz/5 GHz/6 GHz	2.4 GHz/5 GHz/6 GHz
Wireless standards	<ul style="list-style-type: none"> • WiFi 802.11a/b/g • Wi-Fi 4 (WiFi 802.11n) • Wi-Fi 5 (WiFi 802.11ac) • Wi-Fi 6E (WiFi 802.11ax) 	<ul style="list-style-type: none"> • WiFi 802.11a/b/g • Wi-Fi 4 (WiFi 802.11n) • Wi-Fi 5 (WiFi 802.11ac) • Wi-Fi 6E (WiFi 802.11ax) • Wi-Fi 7 (WiFi 802.11be)
Encryption	<ul style="list-style-type: none"> • 64-bit/128-bit WEP • AES-CCMP • TKIP 	<ul style="list-style-type: none"> • 64-bit/128-bit WEP • AES-CCMP • TKIP
Bluetooth wireless card	Bluetooth 5.3	Bluetooth 5.4
	 NOTE: The functionality of the Bluetooth wireless card may vary depending on the operating system that is installed on your computer.	

Audio

The following table lists the audio specifications of your Inspiron 16 Plus 7640.

Table 11. Audio specifications

Description	Values	
Audio controller	Realtek ALC3254	
Stereo conversion	Supported	
Internal audio interface	High definition audio interface	
External audio interface	One universal audio jack	
Number of speakers	4	
Internal-speaker amplifier	Supported	
External volume controls	Keyboard shortcut controls	
Speaker output:		
	Average	2 W x 4 = 8 W
	Peak	2.5 W x 4 = 10 W
Microphone	Digital-array microphones in camera assembly	

Storage

This section lists the storage options on your Inspiron 16 Plus 7640.

Your Inspiron 16 Plus 7640 supports one M.2 2230 or M.2 2280 solid-state drive. The primary drive of your Inspiron 16 Plus 7640 is the M.2 solid-state drive installed.


Table 12. Storage specifications

Storage type	Interface type	Capacity
M.2 2230 solid-state drive	PCIe NVMe Gen4 x4, up to 64 Gbps	Up to 1 TB
M.2 2280 solid-state drive	PCIe NVMe Gen4 x4, up to 64 Gbps	Up to 2 TB

Media-card reader

The following table provides the specification of media cards supported by your Inspiron 16 Plus 7640.

Table 13. Media-card reader specifications

Description	Values
Media-card slot type	One microSD-card slot
Media-cards supported	<ul style="list-style-type: none">• Micro Secure Digital (mSD)• Micro Secure Digital High Capacity (mSDHC)• Micro Secure Digital Extended Capacity (mSDXC)
 NOTE: The maximum capacity that is supported by the media-card reader varies depending on the standard of the media card that is installed on your computer.	



Keyboard

The following table lists the keyboard specifications of your Inspiron 16 Plus 7640.


Table 14. Keyboard specifications

Description	Values
Keyboard type	AI hotkey backlit keyboard
Keyboard layout	QWERTY
Number of keys	<ul style="list-style-type: none">• United States and Canada: 79 keys• United Kingdom: 80 keys• Japan: 83 keys• Brazil: 81 keys
Keyboard size	X=19.05 mm key pitch Y=18.05 mm key pitch
Keyboard shortcuts	Some keys on your keyboard have two symbols on them. These keys can be used to type alternate characters or to perform secondary functions. To type the alternate character, press Shift and the desired key. To perform secondary functions, press Fn and the desired key.

Table 14. Keyboard specifications (continued)

Description	Values
	<p> NOTE: You can define the primary behavior of the function keys (F1–F12) changing Function Key Behavior in the BIOS setup program.</p> <p> NOTE: If Copilot in Windows is not available on your computer, pressing the Copilot key launches Windows search. For more information about Copilot in Windows, search in the Knowledge Base Resource at the Dell Support site.</p>

Keyboard shortcuts of Inspiron 16 Plus 7640


 **NOTE:** Keyboard characters may differ depending on the keyboard language configuration. Keys used for shortcuts remain the same across all language configurations.

Some keys on your keyboard have two symbols on them. These keys can be used to type alternate characters or to perform secondary functions. The symbol shown on the lower part of the key refers to the character that is typed out when the key is pressed. If you press shift and the key, the symbol shown on the upper part of the key is typed out. For example, if you press **2**, **2** is typed out; if you press **Shift + 2**, **@** is typed out.

The keys f1-f12 at the top row of the keyboard are function keys for multi-media control, as indicated by the icon at the bottom of the key. Press the function key to invoke the task represented by the icon. For example, pressing f1 mutes the audio (refer to the table below).

However, if the function keys f1-f12 are needed for specific software applications, multi-media functionality can be disabled by pressing **fn + esc**. Subsequently, multi-media control can be invoked by pressing **fn** and the respective function key. For example, mute audio by pressing **fn + f1**.

Table 15. List of keyboard shortcuts

Function key	Primary behavior
f1	Mute audio
f2	Decrease volume
f3	Increase volume
f4	Play/Pause
f5	Keyboard-backlight  NOTE: Toggle to cycle the keyboard backlight status through off, low-backlight, and high-backlight
f6	Decrease brightness
f7	Increase brightness
f8	Switch to external display
f10	Print screen
f11	Home
f12	End

The **fn** key is also used with selected keys on the keyboard to invoke other secondary functions.

Table 16. Secondary behavior

Function key	Behavior
fn + B	Pause/Break

Table 16. Secondary behavior (continued)

Function key	Behavior
fn + S	Toggle scroll lock
Fn + R	System request
fn + T	Toggle Ultra performance mode
fn + Copilot	Open application menu
fn + esc	Toggle fn-key lock
fn + Left arrow	Home
fn + Right arrow	End

Camera

The following table lists the camera specifications of your Inspiron 16 Plus 7640.

Table 17. Camera specifications

Description	Values
Number of cameras	One
Camera type	FHD camera
Camera location	Front camera
Camera sensor type	CMOS sensor technology
Camera resolution:	
Still image	2.07 megapixel
Video	1920 x 1080 (FHD) at 30 fps
Diagonal viewing angle	82 degrees

Touchpad

The following table lists the touchpad specifications of your Inspiron 16 Plus 7640.


Table 18. Touchpad specifications

Description	Values
Touchpad resolution:	> 300 dpi
Touchpad dimensions:	
Horizontal	115 mm (4.53 in.)
Vertical	80 mm (3.15 in.)
Touchpad gestures	For more information about the touchpad gestures available on Windows, see the Microsoft Knowledge Base article at Microsoft Support Site .

Power adapter

The following table lists the power adapter specifications of your Inspiron 16 Plus 7640.

Table 19. Power-adapter specifications

Description		Option one	Option two
Type		130 W AC, 4.50 mm barrel (130 W, DC-in, 4.5 mm E4)	130 W USB Type-C (E5 130 W, USB Type-C for EVO)
Connector dimensions:			
	External diameter	4.50 mm	Not applicable
	Internal diameter	2.90 mm	Not applicable
Power-adapter dimensions:			
	Height	25.40 mm (1 in.)	22.30 mm (0.88 in.)
	Width	76.20 mm (3 in.)	66.30 mm (2.61 in.)
	Depth	154.70 mm (6.09 in.)	143 mm (5.63 in.)
Input voltage		100 VAC–240 VAC	100 VAC–240 VAC
Input frequency		50 Hz–60 Hz	50 Hz–60 Hz
Input current (maximum)		1.80 A	1.80 A
Output current (continuous)		6.70 A	6.50 A
Rated output voltage		19.50 VDC	20 VDC
Temperature range:			
	Operating	0°C to 40°C (32°F to 104°F)	0°C to 40°C (32°F to 104°F)
	Storage	-40°C to 70°C (-40°F to 158°F)	-40°C to 70°C (-40°F to 158°F)
GPU—Integrated and Discrete		<ul style="list-style-type: none"> Intel Arc Graphics NVIDIA GeForce RTX 4050 NVIDIA GeForce RTX 4060 	<ul style="list-style-type: none"> Intel Arc Graphics NVIDIA GeForce RTX 4050 NVIDIA GeForce RTX 4060
 CAUTION: Operating and storage temperature ranges may differ among components, so operating or storing the device outside these ranges may impact the performance of specific components.			




Battery

The following table lists the battery specifications of your Inspiron 16 Plus 7640.

Table 20. Battery specifications

Description	Values
Battery type	6-cell, 90 Wh "smart" lithium-ion
Battery voltage	11.70 VDC

Table 20. Battery specifications (continued)

Description		Values
Battery weight (maximum)		0.34 kg (0.75 lb)
Battery dimensions:		
	Height	7.56 mm (0.30 in.)
	Width	294.90 mm (11.31 in.)
	Depth	77.50 mm (3.05 in.)
Temperature range:		
	Operating	<ul style="list-style-type: none"> • Charge: 0°C to 45°C, 32°F to 113°F • Discharge: 0°C to 70°C, 32°F to 158°F
	Storage	-20°C to 60°C (-4°F to 140°F)
Battery operating time		Varies depending on operating conditions and can significantly reduce under certain power-intensive conditions.
Battery charging time (approximate)  NOTE: You can control the charging time, duration, start and end time, and so on, using the Dell Power Manager application. For more information about Dell Power Manager, search in the Knowledge Base Resource at Dell Support Site .		<ul style="list-style-type: none"> • 2 hours (ExpressCharge) • 3 hours (standard charge)
Coin-cell battery		Not supported
 CAUTION: Operating and storage temperature ranges may differ among components, so operating or storing the device outside these ranges may impact the performance of specific components.		
 CAUTION: Dell Technologies recommends that you charge the battery regularly for optimal power consumption.		

Display

The following table lists the display specifications of your Inspiron 16 Plus 7640.

Table 21. Display specifications

Description		Values
Display type		16-inch, 2.5K with Dolby Vision
Touch options		Not supported
Display-panel technology		Wide-viewing angle (WVA)
Display-panel dimensions (active area):		
	Height	344.68 mm (13.57 in.)
	Width	215.42 mm (8.48 in.)
	Diagonal	406.46 mm (16 in.)
Display-panel native resolution		2560 x 1600

Table 21. Display specifications (continued)

Description	Values
Luminance (typical)	300 nits
Megapixels	4.09
Color gamut	100% sRGB (typical)
Pixels Per Inch (PPI)	189
Contrast ratio (minimum)	<ul style="list-style-type: none"> • 1000:1 (minimum) • 1200:1 (typical)
Response time (maximum)	35 ms
Refresh rate	120 Hz
Horizontal view angle	<ul style="list-style-type: none"> • +/- 80 degrees (minimum) • +/- 85 degrees (typical)
Vertical view angle	<ul style="list-style-type: none"> • +/- 80 degrees (minimum) • +/- 85 degrees (typical)
Pixel pitch	0.134 mm
Power consumption (maximum)	4 W (at mosaic pattern, 120 Hz)
Anti-glare vs glossy finish	Anti-glare

Fingerprint reader (optional)

The following table lists the specifications of the optional fingerprint-reader of your Inspiron 16 Plus 7640.

Table 22. Fingerprint reader specifications

Description	Values
Sensor technology	Trans-capactive sensing
Sensor resolution	500 ppi
Sensor pixel size	100 x 88 pixels

GPU—Integrated

The following table lists the specifications of the integrated Graphics Processing Unit (GPU) supported by your Inspiron 16 Plus 7640.

Table 23. GPU—Integrated

Controller	Memory size	Processor
Intel Arc Graphics	Shared system memory	14th Generation Intel Ultra 7

GPU—Discrete

The following table lists the specifications of the discrete Graphics Processing Unit (GPU) supported by your Inspiron 16 Plus 7640.

Table 24. GPU—Discrete

Controller	Memory size	Memory type
NVIDIA GeForce RTX 4050	6 GB	GDDR6
NVIDIA GeForce RTX 4060	8 GB	GDDR6

Multiple display support matrix

The following table lists the multiple display support matrix for your Inspiron 16 Plus 7640.

Table 25. Multiple display support matrix


Graphics Card	Direct Graphics Controller Direct Output Mode	Supported external displays with computer internal display on	Supported external displays with computer internal display off
Intel Arc Graphics	Not supported	3	Not applicable
NVIDIA GeForce RTX 4050	Supported by HDMI port and Type-C	3	Not applicable
NVIDIA GeForce RTX 4060	Supported by HDMI port and Type-C	3	Not applicable

Operating and storage environment

This table lists the operating and storage specifications of your Inspiron 16 Plus 7640.

Airborne contaminant level: G1 as defined by ISA-S71.04-1985


Table 26. Computer environment

Description	Operating	Storage
Temperature range	0°C to 35°C (32°F to 95°F)	-40°C to 65°C (-40°F to 149°F)
Relative humidity (maximum)	10% to 90% (non-condensing)	0% to 95% (non-condensing)
Vibration (maximum)*	0.66 GRMS	Not applicable
Shock (maximum)	110 G†	Not applicable
Altitude range	-15.2 m to 3048 m (-49.87 ft to 10000 ft)	-15.2 m to 10668 m (-49.87 ft to 35000 ft)
 CAUTION: Operating and storage temperature ranges may differ among components, so operating or storing the device outside these ranges may impact the performance of specific components.		

* Measured using a random vibration spectrum that simulates the user environment.

† Measured using a 2 ms half-sine pulse.

ComfortView Plus

 **WARNING: Prolonged exposure to blue light from the display may lead to long-term effects such as eye strain, eye fatigue, or damage to the eyes.**

Blue light is a color in the light spectrum which has a short wavelength and high energy. Chronic exposure to blue light, particularly from digital sources may disrupt sleep patterns and cause long-term effects such as eye strain, eye fatigue, or damage to the eyes.

The display on this computer is designed to minimize blue light and complies with TÜV Rheinland's requirement for low blue light displays.

Low blue light mode is enabled at the factory, so no further configuration is necessary.

To reduce the risk of eye strain, it is also recommended that you:

- Position the display at a comfortable viewing distance between 20 and 28 inches (50 cm and 70 cm) from your eyes.
- Blink frequently to moisten your eyes, wet your eyes with water, or apply suitable eye drops.
- Take an extended break for 20 minutes every two hours.
- Look away from your display, and gaze at a distant object at 20 ft (609.60 cm) away for at least 20 seconds during each break.