

LG, Sony, Sky, Virgin & other TVs | Easy | 1 min read

Picture modes on LG, Sony, Hisense and Panasonic TVs explained

Please note: independent guidance. Vision Tech is not affiliated with the maker. Menus differ between models and software versions, so check the manual or on-screen help.

Every TV has picture modes that change colour, brightness and sharpness. The names differ by brand, model and year, and some choices appear only on certain inputs. This guide helps you choose without being technical.

Where to find them

- **LG:** **Settings**, then **All Settings**, then **Picture**, then **Picture Mode Settings**.
- **Sony:** **Settings**, then **Display & Sound** or **Picture**, then **Picture mode**.
- **Hisense:** **Settings**, then **Picture**, then **Picture Mode**.
- **Panasonic:** **Menu**, then **Picture**, then **Viewing Mode** or **Picture Mode**.

If your TV does not match, look for the word **Picture** in the menu.

Common modes

- **Standard** or **Normal**: a safe, balanced choice for everyday use.
- **Cinema**, **Movie** or **Filmmaker Mode**: warmer and darker, best for films in a dim room.
- **Vivid** or **Dynamic**: bright and colourful, good in a bright room, but unnatural.
- **Sports**: smoother motion for football and racing.
- **Game**: reduces delay, good for consoles.
- **Eco** or **Energy Saving**: dims the picture to use less power.

Tips

1. Try a mode for a day before judging it.
2. If everything looks too smooth, like a soap opera, look for **motion smoothing**, **TruMotion** or similar and turn it down.
3. If the picture is too dark, check energy saving is off.

Resetting the picture only

Many TVs have a **Reset** option inside the **Picture** menu that resets just the picture, not the whole TV. This is safe to use.

When to get more help

Get help if the picture is dark or blurry in every mode, has colour tints, or looks different on one input only. This could be a cable or box setting rather than the TV.

Still stuck? Email admin@visiontech336.com and tell us what you can see on the screen. Menus and button names can differ slightly between versions and makes. If something does not match, stop and ask rather than guess. Please never send passwords or card details.