

TVs, streaming & smart home | Easy | 2 min read

TV picture settings explained simply

TVs come with picture modes and settings that can look confusing. A few simple changes can make the picture look better and help the TV use less power. Names differ by brand, so look for the closest match under **Settings**, then **Picture**.

Picture modes

- **Standard** or **Natural**: a balanced picture for everyday viewing. Often the best place to start.
- **Cinema** or **Movie**: warmer, softer colours, good in a dark room.
- **Vivid** or **Dynamic**: very bright and bold. It looks good in a shop but can look harsh at home.
- **Sport**: brighter with smoother movement.
- **Game**: see below.

Game mode

Game mode reduces the delay between pressing a button on your controller and seeing the result. It is useful for PlayStation, Xbox and Switch. Some TVs turn it on automatically when a console is connected. Turn it off for films if the picture looks plain.

Eco mode or energy saving

This lowers brightness to save power. If your TV picture seems dark, look for **Eco**, **Energy saving** or **Power saving** and try turning it off or lowering it. Be aware that your electricity use may rise a little.

Motion smoothing

This is sometimes called **Motion Plus**, **TruMotion** or **Motion Interpolation**. It makes films look like a TV soap opera. Many people prefer it off for films and on for sport.

Brightness and contrast

- **Brightness** or **backlight**: how bright the whole screen is. Lower it in a dark room.
- **Contrast**: the difference between light and dark.
- **Colour**: how strong the colours are.

Keep a note

Before you change settings, write down what they are now, or take a photo of the screen. That makes it easy to go back.

Resetting the picture

Most TVs have a **Reset picture** option. This returns the picture settings only, not the whole TV. It is safe, but you will lose your changes.

When to get more help

Get in touch if the picture looks very dark, has coloured lines or patches, or is the wrong shape however you adjust it. That can be a fault rather than a setting.

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.