

## How to turn off 4K HDR on Apple TV 4K

Navigate into your video settings and change from 4K HDR to 4K SDR. This fixed the problem for me instantly, and it can for you too. The whole process takes under a minute, and you can do it by following these steps.

1. Turn on your Apple TV 4K.
2. Go into **Settings**.
3. Select **Video and Audio**.
4. Change the **Format** to **4K SDR**.

## Turn off dynamic range and match content on Apple TV

You might experience a blank or flickering screen as your TV switches between formats when playback starts or stops.

- Open the **Settings** app in Apple TV.
- Select **Video and Audio**.
- Select **Match Content**.
- Set "**Match Dynamic Range**" to **off**.

**If you experience a black screen that is unrelated to switching the Apple TV format, try these steps. After each step, check if your issue has been resolved.**

1. **Check the HDMI cable:** Unplug and replug both ends of the HDMI cable. You can also try using a different HDMI cable. For HDMI 2.1, use an Ultra High Speed HDMI cable, and for HDMI 2.0, use a Premium High Speed HDMI cable.

**HDMI 2.0 – Supports 4k Resolution at 60Hz and 1080p resolution**

**HDMI 2.1 – Supports 4k Resolution at 120Hz and 8K resolution**

*To watch movies in 4K HDR on Apple TV 4K, you need an HDMI 2.0 or later cable and a TV that supports 4K, HDR, or both.*

2. Try a different HDMI port on your TV, starting with HDMI 1 or Input 1. Check your TV manual for further assistance.

Reference Links:

<https://www.youtube.com/watch?v=OviD7WnNRkg>

<https://www.youtube.com/watch?v=2xEGiqqVhIM>



**To reduce screen motion on an Apple TV, you can turn off Reduce Motion in the Accessibility settings:**

1. Go to Settings
2. Select Accessibility
3. Select Motion
4. Turn off Reduce Motion

You can also turn on Dim Flashing Lights to automatically dim video content that has flashing or strobing lights.