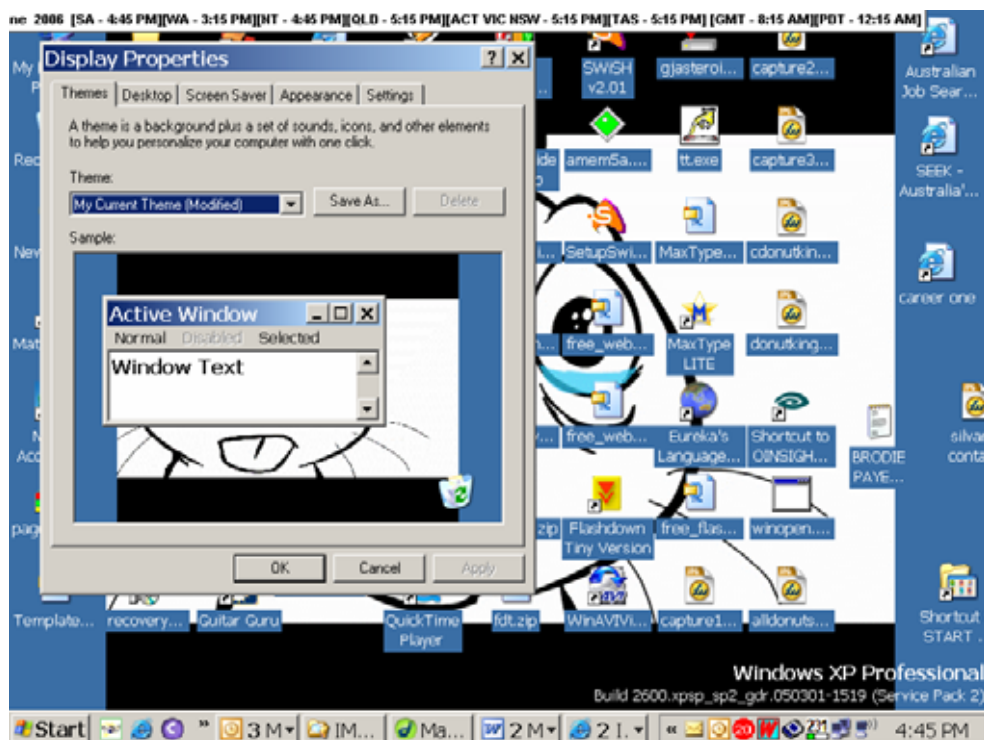


Navigate to your desktop and right mouse click.



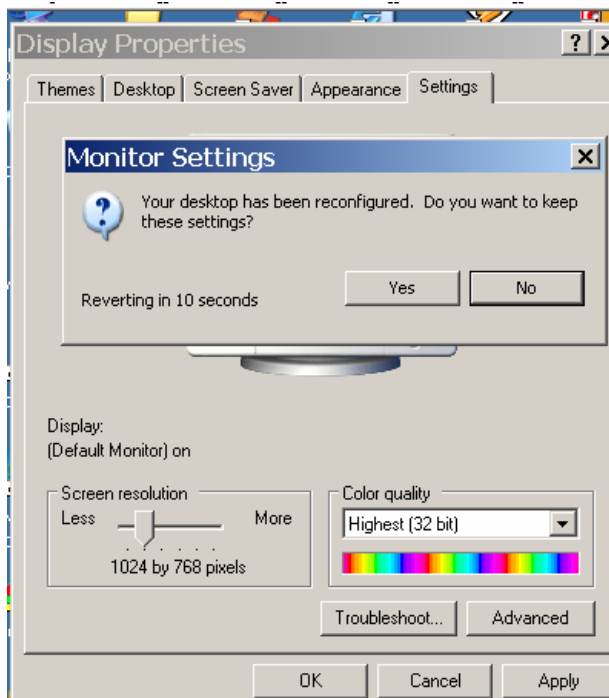
Click on properties



Go to the settings tab and click on it. Make a note of what it is currently set at!



Change the slider across until it looks like the one in the above graphic



You will then get this message. Say yes and it is changed. Follow the instructions again and put in your original screen resolution to return your monitor to normal
Thanks