If your monitor's screen is often flashing or stuttering, there are a few different problems that you could be facing. It might be something as simple as a loose or faulty video cable. So first, tighten down the cable on both the monitor and the computer end (making sure to completely tighten any retention screws, if your cable has them) or simply replace the cable. The same thing goes for the power cable: make sure it's secure at both ends, and if the problem persists, replace it if possible.

An incorrect refresh rate setting can also cause flickering. The refresh rate is the number of times the computer sends an image to the monitor per second, expressed in hertz. Most LCD monitors use either 59 or 60 hertz, though 75Hz, 120Hz, and 144Hz are also found on premium monitors. Go into your operating system's display settings (right-click desktop and head to Display settings > Display adapter properties > Monitor in Windows 10) to make sure the right hertz setting is applied—you may need to update your video drivers as well.

Unfortunately, most other flickering symptoms are caused by a power deficiency somewhere in the monitor itself. It's possible you could be drawing too much power from one of your home's electrical circuits or overloading your surge protector—just move the power adapter to another plug to test this. But it's more likely that there's a loose or malfunctioning component in the screen assembly itself. If that's the case, repair or replacement

1. Vertical Lines

Step 1
Click the battery icon found on the far right of the taskbar. Click "More Power Options."

Step 2
Click "Choose When to Turn Off the Display." Change the drop-down menus next to "Turn Off the Display" to "Never," then click "Save Changes."

Step 3
Hold down the Windows logo key, then press the "D," to go to the desktop. Right-click the desktop, then click "Screen Resolution."

Step 4
Click "Advanced Settings." Go to the "Monitor" tab then select a refresh rate in the range of 72 Hz to 85 Hz. Click "OK" twice.

Step 5
Press the power button to turn off the monitor if the problem continues to occur. Check the power cable connected to the back of the screen. If the power cable is loose, push the connector into the power slot on the back of the monitor until you meet resistance.

Step 6
Confirm the other end of the power cable is completely connected to the outlet. If the power cable is connected securely to both the outlet and the monitor, but the screen continues to flash on and off, use another power cable to test if the issue is related to the cable itself.

Step 7
Check the cable connection on the back of the computer and on the back of the monitor. Reconnect one end of the video cable to the back of the monitor, then tighten the thumbscrews in place. Reconnect the other end of the video cable to the back of the computer, then tighten the thumbscrews. Replace the video cable if the problem continues.

Step 8

Check the indicator light when the monitor flashes off. If the indicator light is flashing green or glowing amber, the problem may not be the screen, but the computer. Disconnect the video cable when the monitor flashes off; if a message such as "No Signal Could Be Found" appears on the screen, the video adapter could be at fault. If the indicator light is off, then the monitor is most likely defective.