Using the default theme on any desktop and server is pretty decent and optimistic for normal usages. Using a few dark themes rather than the default theme is good for Ubuntu and other Debian distributions. You can change the user interface, color scheme, opacity and tweak other settings using a new customized theme. No matter which type of theme you like for your Ubuntu system, dark or light, almost every theme lets you switch from dark to light and vice-versa.

Installing a dark theme on Ubuntu brings a professional vibe to the desktop, and it also kind of makes you feel that you're doing more productive things while using a dark theme. Installing and using them on Ubuntu is pretty easy and straightforward.

[2]