

How to turn on 144Hz (or higher) on dedicated gaming screens

One of the most popular gaming accessories is the professional gaming monitor.

The gaming industry is growing, the demand for gaming is increasing and people are investing more heavily in hardware accessories to get the best experience.

One of the most popular gaming accessories is the professional gaming monitor, designed to deliver smoother motion, sharper images, and a much higher aesthetic effect. much more than the normal screen.

However, there are many cases where a gamer invests in a good screen, excitedly opens the test and quickly fails to find that there is not too much difference in FPS experience compared to the old screen. . Actually, the problem is not big, simply because the option to support the refresh rate (refresh rate) is usually set to low by default. After adjusting the refresh rate to 144Hz (or higher), you will immediately notice the difference.

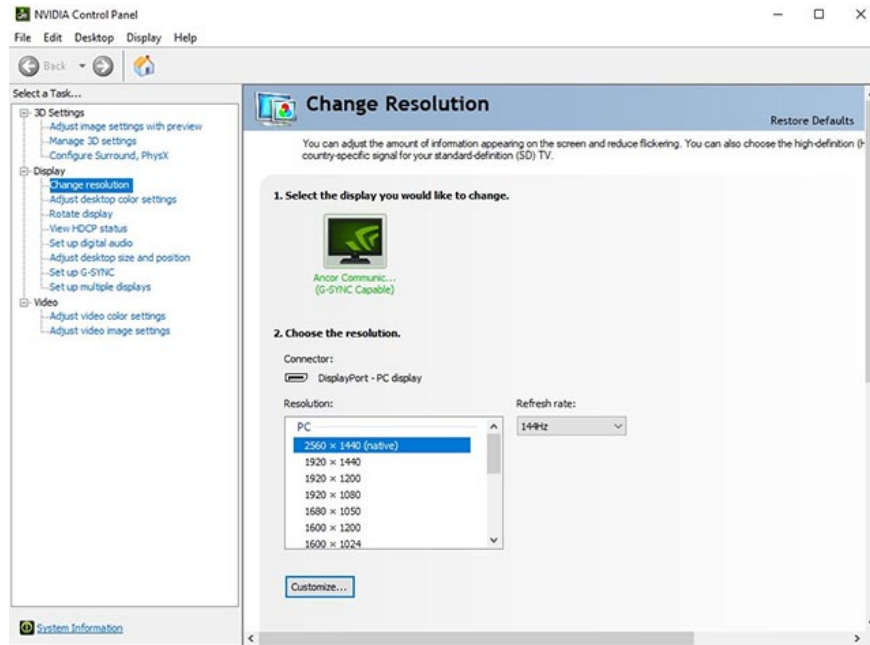
Of course, this process also varies depending on your PC configuration, here's how to optimize refresh rate with Nvidia and Nvidia graphics cards.

Nvidia graphics card

Nvidia has integrated refresh rate options directly in the driver settings.

Step 1 : Open the Nvidia driver menu.

Step 2: Go to Display, then select the Change Resolution tab.



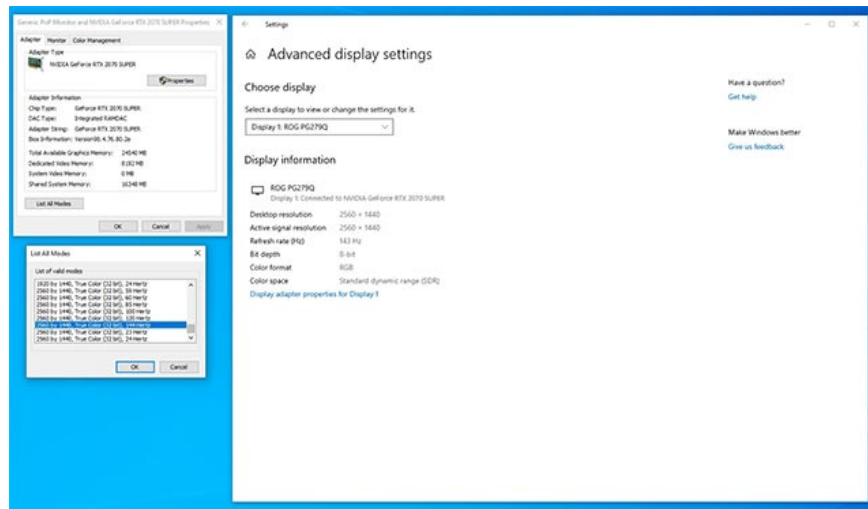
Step 3: Next to the Resolution section, there is a Refresh Rate option menu. (If you are using multiple monitors at the same time, select the monitor you want to adjust.)

Step 4: Click the down arrow in Refresh Rate and select the refresh rate you want.

AMD Card

Step 1: Right-click on the desktop and select Display Settings.

Step 2: Scroll down and click Display adapter properties.



Step 3: Click List All Modes (this item will appear right below the Adapter Information window).

Step 4: Scroll down until you find your preferred screen mode (maybe your monitor supports frame rates higher than 144Hz).

(Of course, you still need to pay attention to choose the right monitor that you want to adjust in case of using more than 2 screens).

Note that in order for the screen to display the best quality, you will also have to use the appropriate type of connection cable. So make sure you have a DisplayPort 1.2 or HDMI 2.0 connection to take full advantage of the full frame rate experience.

You finished reading the article "**How to turn on 144Hz (or higher) on dedicated gaming screens**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.