

# Zoom Optimization Tips

People prefer Zoom for video conferencing because it delivers such high quality, but that quality can come at a price of poor computer performance. However, a few simple adjustments may be all it takes to minimize CPU and Memory usage during Zoom video meetings.

**On average, by implementing the following changes, a 30 to 40 percent reduction in CPU usage could be observed.**

**Open the settings of the Zoom app and change the following settings:**

## **Video**

- **Change the Aspect Ratio from '16:9' to 'Original'.**
- **Uncheck 'Enable HD'.**
- **Uncheck 'Mirror my Video'.**
- **Uncheck 'Display up to 49 participants per screen in Gallery View'.**

## **Audio**

- **If you have a headset with a good microphone, then: Go to Advanced Setting and select 'Disable' under the Suppress Persistent Background Noises.**

## **Virtual Background**

- **If possible, disable the use of virtual background.**

## **While in a call**

- **Make sure to stay in speaker view instead of gallery view. This has the least amount of impact but does make a little bit of difference.**