

Sound Latency in Zoom on Windows 10

For the best sound / audio quality in Zoom, follow these steps

Step 1:

- Make sure you're listening through headphones and not through your external speakers

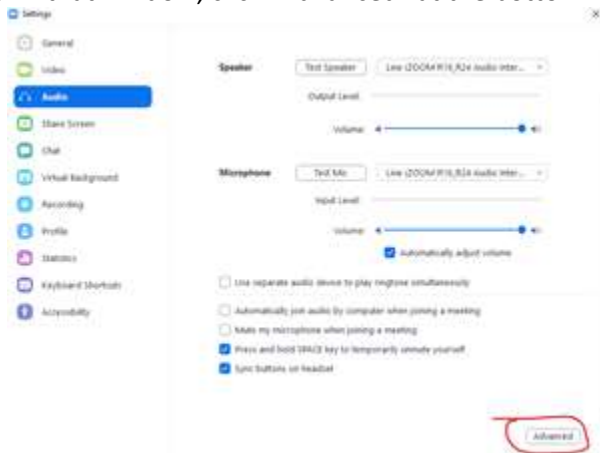
Step 2:

- Click the up arrow next to the Microphone Icon in the bottom left of the screen and select "Audio Settings..."



Step 3:

- Within that window, click "Advanced" at the bottom-right of the screen



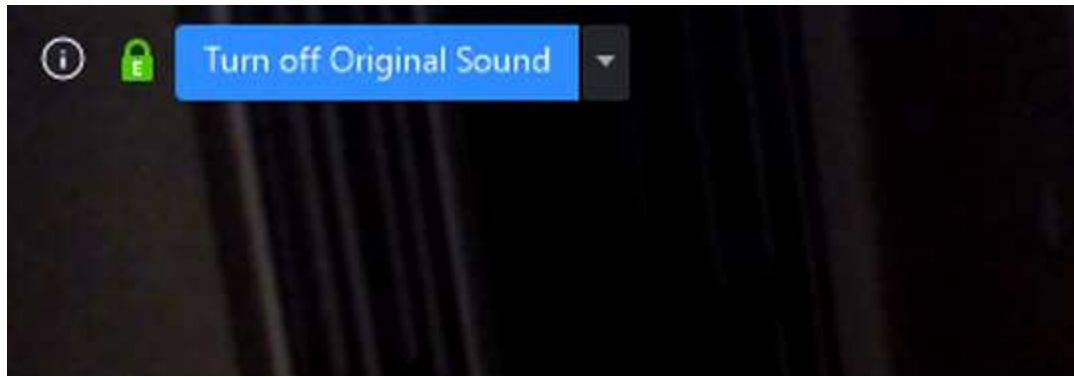
Step 4:

- Set "Suppress Persistent Background Noise" to "Disable"
- Set "Suppress Intermittent Background Noise" to "Disable"
- Make sure there's a blue checkmark in the "Show in-meeting option to 'Enable Original Sound' from microphone" box



Step 5:

- Come back to the meeting screen where you can see your webcam and make sure that the "Turn Original Sound Off" bar is blue



Additionally, you might want to turn-off Sound Enhancements in Windows 10:

- On your computer keyboard, hold down the WINDOWS key + R to open the **Run** dialog box.
- In the **Run** dialog box, type "control panel" and press ENTER.
- In the Control Panel, navigate to **Hardware and Sound > Sound**.
- Choose the **Playback** tab, right-click on your default audio device and choose **Properties**.
- Choose the **Enhancements** Tab, and check the box to **Disable All Sound Enhancements**.
- Choose the **Advanced** Tab. Under **Default Format**, choose **16-bit, 44100 Hz (CD Quality)** from the drop down menu.
- Click **Apply** and **OK**. Close all other open windows.

Zoom [support page](#)