

## Re: optimal monitor refresh rate

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*Source:*

<http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.hardware/2006-02/msg00695.html>

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- *From:* "Fitz" <irish56\_ak@xxxxxxxxxxxx>
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As the previous posted suggested, make sure your monitor doesn't say "Plug and Play", but list your monitor specifically. If not, load the drivers for your monitor.

Windows default resolution is 60Hz. Regardless of the desktop screen resolution, when you open games the screen resolution will reset to the default value. To override this there is a registry modification that will add a "Refresh Rate Override" tab to your NVidia Settings. You can lock the refresh rates you select for individual screen resolutions regardless of the application that is running. It can be downloaded here:

[http://nvidia.custhelp.com/cgi-bin/nvidia.cfg/php/enduser/std\\_alp.php](http://nvidia.custhelp.com/cgi-bin/nvidia.cfg/php/enduser/std_alp.php)

Type "refreshrate.reg" into the text search box and it will open a page of relevant topics– the one with ID 252, Title: Refresh rate Override will take you to a download link. I'd link the download, but it's long and would probably wrap around.

Good Luck,  
Fitz