

# Live Streaming

**Since the last update, when I use Periscope Live Streaming and utilize the Custom Settings the video saved is in poor/low resolution. If I do not use the Custom Settings the saved video is a good resolution. How do I fix this?**

This most likely occurred due to your Video Format and Avg bitrate settings. You have most likely selected "Most Compatible" for your Video Format and only '4' for your Avg bitrate settings.

This will produce a small file size (and a small footprint from a disk space standpoint), but will result in very bad quality. I would recommend the "High Efficiency" format and at least '8' for the Avg bitrate. But if you do that then you should just turn off custom settings, as that will get you the same thing but more optimized.

If you want to retain "Most Compatible", then use at least '16' for the Avg bitrate. Remember, the lower the bitrate the lower the quality and the smaller the file size (and the less amount of disk space used). Play around with this setting to get your ideal video quality, i.e., it may be much higher than the '16' recommended.

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