# Article information:

Change your display refresh rate in Windows - Microsoft Support  
<https://support.microsoft.com/en-gb/windows/change-your-display-refresh-rate-in-windows-c8ea729e-0678-015c-c415-f806f04aae5a>

# Article summary:

1. The refresh rate of a display determines how smoothly motion appears on the screen, and a higher refresh rate can improve gaming experience and provide smoother motion when browsing or using a digital pen.

2. Higher refresh rates can reduce battery life, so adjusting the refresh rate can help save battery power on laptops or tablets.

3. To change the refresh rate in Windows, go to Start > Settings > System > Display > Advanced display settings and select the desired rate from the options available.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Change your display refresh rate in Windows" from Microsoft Support provides information on how to adjust the refresh rate of a display in Windows. While the article offers some useful guidance, there are several areas where it could be improved.

One potential bias in the article is its focus on the benefits of higher refresh rates without adequately addressing potential drawbacks. The article mentions that a higher refresh rate can improve gaming experience and provide smoother motion when browsing or using a digital pen. However, it only briefly mentions that higher refresh rates can reduce battery life without exploring this trade-off further. It would be helpful to provide more information on how much battery life is affected by different refresh rates and whether there are any other potential downsides to consider.

Additionally, the article lacks evidence or sources to support its claims. For example, it states that a higher refresh rate can improve gaming experience but does not provide any data or studies to back up this assertion. Including research or expert opinions would add credibility to the claims made in the article.

The article also fails to address potential counterarguments or alternative viewpoints. It presents increasing the refresh rate as a universally beneficial option without acknowledging that some users may not notice a significant difference or may prefer lower refresh rates for various reasons. Providing a balanced perspective by discussing both the advantages and disadvantages of different refresh rates would make the article more informative.

Furthermore, the article includes promotional content by linking to other Microsoft support articles at the end. While these related topics may be relevant, their inclusion at the end of the article feels like unnecessary promotion rather than providing additional resources for readers seeking more information.

In terms of risks, the article briefly mentions that higher refresh rates can reduce battery life but does not mention any other potential risks or considerations. For example, it does not discuss whether certain displays may have limitations on supported refresh rates or if changing the refresh rate could cause compatibility issues with certain software or hardware configurations.

Overall, while the article provides a basic overview of how to change the refresh rate in Windows, it lacks depth and balance. It could benefit from addressing potential drawbacks, providing evidence for its claims, exploring counterarguments, and avoiding promotional content.

# Topics for further research:

* Effects of higher refresh rate on battery life in Windows
* Research on the impact of refresh rate on gaming experience
* Disadvantages of higher refresh rates on display performance
* Alternative viewpoints on the benefits of higher refresh rates
* Compatibility issues with changing display refresh rate in Windows
* Limitations of display refresh rate on certain hardware configurations

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