Best Audio Video Sharing Practice

The best practice for sharing video (with audio) in Zoom while live streaming is to optimize both Zoom’s settings and your workflow to minimize stutter, compression artifacts, and out-of-sync audio. Here’s what experienced streamers and AV techs typically recommend:

**1. Optimize Zoom’s Share Settings**

* **Use “Share Screen” > “Advanced” > “Video”**
This tells Zoom to treat your file as video content, which uses better compression than normal screen sharing.
* **Check “Optimize for Video Clip”** and **“Share Sound”**
This ensures that Zoom uses a higher frame rate and stereo audio for smoother playback.

**2. Prepare the Source Video**

* **Local file > cloud streaming**
Play from a local file (MP4, MOV) rather than from YouTube or Vimeo if possible — this avoids buffering or network hiccups.
* **Close unnecessary programs**
Free up CPU/GPU and network bandwidth to reduce dropped frames.

**3. Control the Audio Path**

* **Set Zoom’s audio to “Original Sound for Musicians” (if available)**
This bypasses aggressive noise suppression, which can make video audio sound thin or choppy.
* **Use system audio, not speakers + mic**
Sharing “computer audio” feeds the video soundtrack directly into Zoom — avoids echo and room noise.

**4. Ensure a Solid Connection**

* **Use a wired Ethernet connection** whenever possible. Wi-Fi adds latency and packet loss that can cause video/audio desync.
* **Ask others on your network to pause heavy uploads/downloads** during the session.

**5. Rehearse Before You Go Live**

* **Do a test meeting** with a colleague — record locally and watch for audio sync and quality issues.
* **Adjust volume levels** so the video audio isn’t much louder or quieter than the live speakers.