

What is the benefit of high 2D refresh rates?

A high 2D refresh rate is more eye-friendly. If your eyes are tired after spending a day working on your computer, you should check whether your monitor is properly set. If the monitor is OK then fix a refresh rate of 85Hz or higher, this will provide more comfort for your eyes than refresh rates of 60 or 65Hz. Of course, in 3D gaming, the concentration level of the user is far higher than in desktop applications, so that whatever the refresh rate, you cannot spend a full day playing. This is not only very tiring for your eyes, but also for your mind