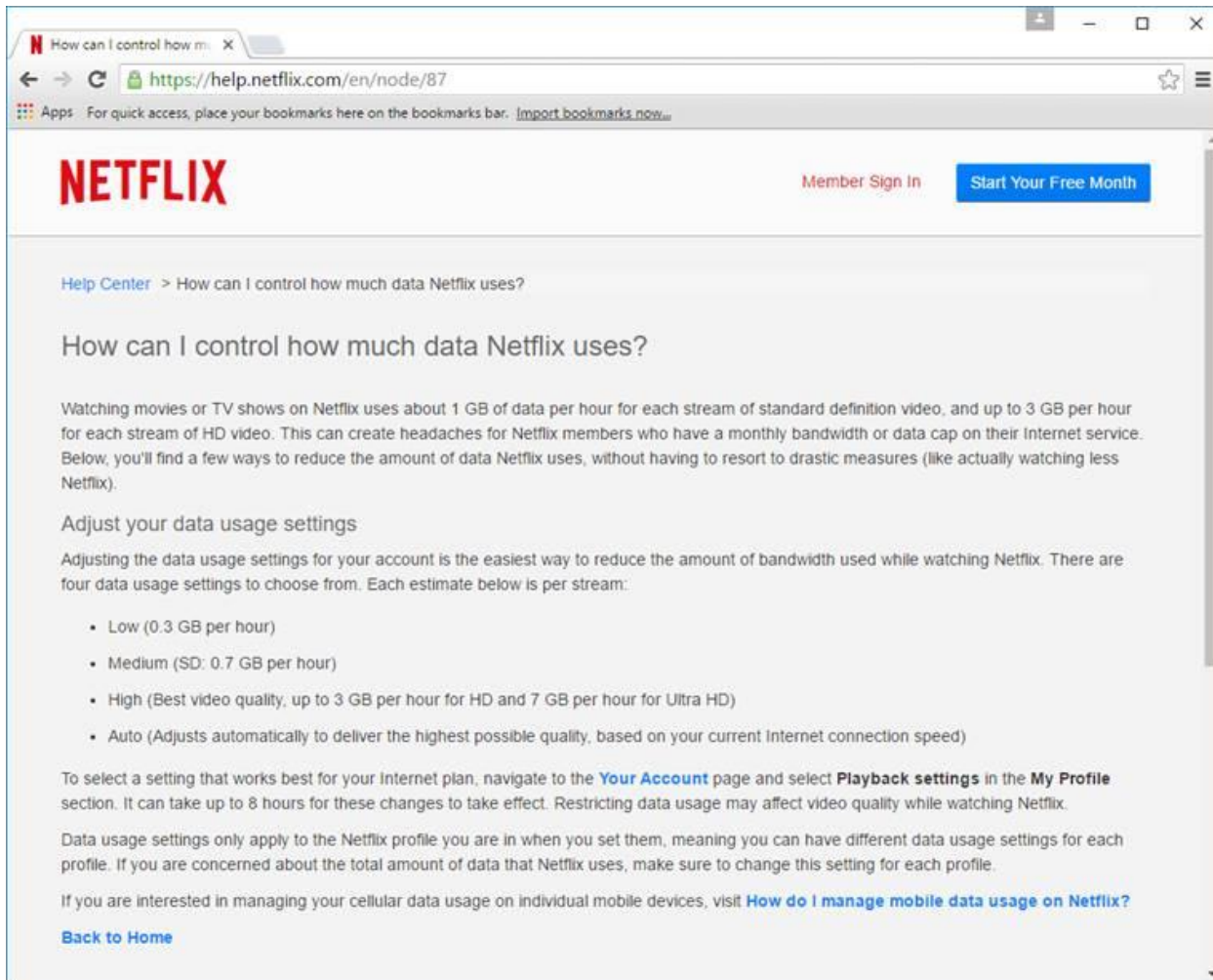


Checking Netflix Settings

Services like Netflix will adjust to the device you're using and eat up whatever bandwidth is available to bring you the best quality video possible. So if you're experiencing Internet issues while streaming, you may want to try going into the app's data usage settings and adjusting them as necessary. (Netflix, for instance, gives you the options of low, medium, high, and auto [which automatically adjusts the quality based on your Internet connection]. These options allow you to control how much bandwidth the service will use.)

If you find that you're having trouble using any other device while someone else in your house is streaming on Netflix, visit <https://help.netflix.com/en/node/87> to find out how you can adjust your Netflix settings in a way that best fits your household.



The screenshot shows a web browser window with the URL <https://help.netflix.com/en/node/87>. The page features the Netflix logo at the top left, with "Member Sign In" and "Start Your Free Month" buttons to the right. The main heading is "How can I control how much data Netflix uses?". The text explains that watching movies or TV shows on Netflix uses about 1 GB of data per hour for standard definition video and up to 3 GB per hour for HD video. It then lists four data usage settings: Low (0.3 GB per hour), Medium (SD: 0.7 GB per hour), High (Best video quality, up to 3 GB per hour for HD and 7 GB per hour for Ultra HD), and Auto (Adjusts automatically to deliver the highest possible quality, based on your current internet connection speed). The page also provides instructions on how to change these settings in the "My Profile" section and a link to "How do I manage mobile data usage on Netflix?".

How can I control how much data Netflix uses?

Watching movies or TV shows on Netflix uses about 1 GB of data per hour for each stream of standard definition video, and up to 3 GB per hour for each stream of HD video. This can create headaches for Netflix members who have a monthly bandwidth or data cap on their Internet service. Below, you'll find a few ways to reduce the amount of data Netflix uses, without having to resort to drastic measures (like actually watching less Netflix).

Adjust your data usage settings

Adjusting the data usage settings for your account is the easiest way to reduce the amount of bandwidth used while watching Netflix. There are four data usage settings to choose from. Each estimate below is per stream:

- Low (0.3 GB per hour)
- Medium (SD: 0.7 GB per hour)
- High (Best video quality, up to 3 GB per hour for HD and 7 GB per hour for Ultra HD)
- Auto (Adjusts automatically to deliver the highest possible quality, based on your current internet connection speed)

To select a setting that works best for your Internet plan, navigate to the [Your Account](#) page and select **Playback settings** in the **My Profile** section. It can take up to 8 hours for these changes to take effect. Restricting data usage may affect video quality while watching Netflix.

Data usage settings only apply to the Netflix profile you are in when you set them, meaning you can have different data usage settings for each profile. If you are concerned about the total amount of data that Netflix uses, make sure to change this setting for each profile.

If you are interested in managing your cellular data usage on individual mobile devices, visit [How do I manage mobile data usage on Netflix?](#)

[Back to Home](#)