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[Press the Xbox button to open the guide, and then select Profile & system Settings > General > TV & display options.](#) Select Refresh rate > 120 Hz. Note If you don't see an option for 120 Hz, select 4K TV details under Setup for more information.

[Configure your console for FPS boost and auto HDR - Xbox Support](#) : en-US : help : hardware-network : display-sound : f...

It also supports 144 Op and 1080p games up to 120Hz, and you can't go wrong by getting a cheaper monitor with a lower resolution either, but that means you won't be making full use of the console. Most monitors work well with the Xbox, though, so you'll be happy with any option you get for your budget.

[The 6 Best Monitors For Xbox Series X - Winter 2024: Reviews](#) : monitor : reviews : best : xbox-series-x

If your system is on the low end of the specifications or doesn't have TPM 2.0, and you're happy with its performance in Windows 10, you may want to avoid the update. If you have a speedy NVMe SSD,