



⚡ F1ZZ TWEAKS

PS4 · PS4 PRO · PS5 · PS5 PRO

PLAYSTATION OPTIMIZATION GUIDE.

Every real setting worth changing on a PS4 or PS5 — and an honest list of the ones people tell you about that do nothing at all.

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Read this first.

A PlayStation is not a PC. There is no registry, no services to shut off, no background processes to kill. Sony locks the system down on purpose, which means nobody — not a YouTuber, not an app, not this guide — can unlock hidden performance that isn't already in the settings menu.

So what *can* you actually change?

Three things, and that's the whole list:

- **Settings Sony gives you.** Performance mode, 120 Hz, VRR, Boost Mode on a PS4 Pro. Real, supported, free.
- **Your TV.** Honestly the biggest one. Most people are playing on a TV that is adding 80–150 ms of input lag for no reason.
- **Hardware.** An SSD in a PS4, an M.2 drive in a PS5, and keeping dust out of both.

How to read the results

Nothing in here comes with a frame-rate number attached, because nobody can promise you one. Your console, your TV, your internet and the specific game all change the outcome. What this guide promises is that every step is a genuine setting or a genuine hardware fact — not a placebo. Where something only helps in certain situations, it says so.

Two safety rules

- **Some Safe Mode options erase everything.** On PS5 those are options **7** and **8**; on PS4 they are options **6** and **7**. Full list on the Safe Mode page near the back. Read the screen before you press X.
- **Opening a console is on you.** The PS4's drive bay is designed to be opened, but if you are under 18 or not confident with a screwdriver, get an adult to do it with you. Anything beyond the drive bay — thermal paste, fan swaps — can affect your warranty.

And one thing you should never do

Don't install anything that claims to "optimize", "boost" or "unlock" a PlayStation from a USB stick, a website or a paid app. A retail console will not run unsigned code, so those products can't do what they say — at best they do nothing, and plenty of them exist only to take your account details. **If it isn't in the console's own menus or physically inside the console, it isn't real.**

How to use this guide

- **Everyone starts on page 02.** The TV page applies to every console and costs nothing, so don't skip straight to your model.
- **PS5 owners:** pages 03 and 04. **PS4 and PS4 Pro owners:** page 05.
- **Pages 06–08 are for everyone** — Safe Mode, network, and the list of things not worth your time.
- **Page 09 is the whole guide as a checklist.** If you only read one page, read that one.

The settings-only changes take about fifteen minutes and need no tools. The hardware sections are optional and clearly marked.

Fix your TV.

This is the single most effective thing on any page of this guide, it costs nothing, and it takes about four minutes. A TV in its out-of-the-box picture mode runs your image through smoothing, sharpening and noise-reduction filters, and every one of those takes time. That delay sits between your thumb and the screen in every single game.

1 Turn on Game Mode

In your TV's picture settings, set the picture mode to **Game** (sometimes "Game Optimizer" or "ALLM"). This switches off most of the processing in one go. On many TVs this alone cuts input lag by well over half. If your TV offers Game Mode per HDMI input, make sure it's on for the port the console is in.

2 Switch off motion smoothing

Every brand names it something different: TruMotion (LG), Motionflow (Sony), Auto Motion Plus (Samsung), Action Smoothing (TCL/Hisense). Find it and set it to **Off**. It invents fake frames, which means it has to wait for the next real one first — that wait is pure lag.

3 Switch off the other "enhancers"

Noise reduction, dynamic contrast, sharpness boosters, eco or ambient-light sensors. Game Mode usually disables these, but not always. Turning off the light sensor also stops your picture randomly dimming mid-game.

4 Use the right HDMI port

On most TVs only one or two ports carry the full bandwidth needed for 4K 120 Hz or VRR, and some need it switched on per port under a name like **HDMI Enhanced Format**, **HDMI UHD Colour**, **Input Signal Plus** or **HDMI 2.1 Mode**. If your PS5 refuses to offer 120 Hz, this is almost always why.

5 Keep the cable that came in the box

The PS5 ships with an **Ultra High Speed HDMI** cable, which is what 4K 120 Hz requires. An old cable from a drawer will often still show a picture while quietly capping you at 60 Hz. A pricier cable buys you nothing above that standard.

6 Check your soundbar or receiver

If the console goes through an AV receiver or soundbar first, that box can strip 120 Hz and VRR out of the signal. Look for a game or pass-through mode — or run the console straight into the TV and send the audio back over eARC.

How to tell it worked

Load a game you know well and move the camera. The difference between a processed picture mode and Game Mode is usually obvious the moment you compare them back to back — swap the setting on and off a couple of times rather than trying to judge it from memory.

Let it switch itself

Most TVs from the last few years support **ALLM** (Auto Low Latency Mode), which flips the TV into Game Mode by itself the moment the console wakes up. Turn it on in the TV's HDMI settings, then on a PS5 enable Settings > System > HDMI > Enable HDMI Device Link. Set it once and you stop having to remember.

Playing on a monitor?

Most of this page doesn't apply — monitors barely process the image, which is why they feel so responsive. Just check the **refresh rate** is set to its maximum in the monitor's own menu, and turn on its **FreeSync** or **Adaptive-Sync** option if the PS5 is going to use VRR.

PS5 — settings.

Work down this list in order. Everything here is in the console's own menus, and nothing on this page can lose you data.

1 Set your default to Performance Mode

Settings > Saved Data and Game/App Settings > Game Presets > Performance Mode or Resolution Mode

Pick **Performance Mode**. Any game that offers the choice will now default to the smoother option instead of the prettier one, so you stop having to set it game by game. It only applies to PS5 games that actually ship both modes, and a game's own graphics menu still overrides it — so if a game feels wrong, check in there too.

2 Video output

Settings > Screen and Video > Video Output

- **Resolution** — Automatic. Only force it if your TV is misreporting itself.
- **Enable 120 Hz Output** — Automatic. Games that support it will use it; everything else is unaffected.
- **VRR (Variable Refresh Rate)** — Automatic, and turn on **Apply to Unsupported Games**. VRR needs a TV or monitor with HDMI 2.1 VRR support. The unsupported-games option can smooth out games that never shipped VRR themselves; if it ever introduces odd flicker, switch just that part off.
- **HDR** — On When Supported. Then run the three-step HDR calibration under Screen and Video > Adjust HDR, following the on-screen instruction exactly. Badly calibrated HDR is why people think HDR looks washed out.

3 Stop downloads stealing your game

Hold PS > Downloads/Uploads > pause

A big download or upload running behind a game eats bandwidth and some disk throughput. Pause it while you play, and let it finish overnight instead: Settings > System > Power Saving > Features Available in Rest Mode → turn on **Stay Connected to the Internet** so rest mode keeps downloading.

4 Controller latency

A DualSense over USB responds slightly faster than over Bluetooth, and it never drops out. If you play anything competitive, play wired. It also means you're never mid-match on 4% battery.

5 Clear the cache and rebuild the database

This is the only real "clear cache" a PS5 has — it lives in Safe Mode as **option 6**, and it does **not** delete your games or saves. Worth doing if the interface has gone sluggish, games are slow to launch, or thumbnails are missing. Instructions on the Safe Mode page. Note that plenty of videos call this option 5; on a PS5 it's 6.

PS5 — storage & heat.

The two things that actually slow a PS5 down over its life are a drive with nothing left on it and a cooling path full of dust.

Leave yourself some free space

Aim to keep at least **10%** of the internal SSD free. A nearly-full flash drive has less room to shuffle data around, and you'll also start seeing failed patches, which is a far more annoying problem than a slow one. [Settings](#) > [Storage](#) shows what's eating the space.

Adding an M.2 SSD

The expansion slot is the proper way to add storage, and PS5 games run from it at full speed. Sony's requirements, exactly:

INTERFACE	PCIe Gen4 ×4 M.2 NVMe, M-key (Socket 3). SATA M.2 drives will not work.
CAPACITY	250 GB to 8 TB
READ SPEED	5,500 MB/s sequential or faster recommended
FORM FACTOR	2230, 2242, 2260, 2280 or 22110
MAX SIZE	25 mm wide · up to 110 mm long · 11.25 mm total thickness (max 8.0 mm above the board, 2.45 mm below)

A heatsink is not optional. Buy a drive with one fitted, or add a low-profile one that keeps you inside that 11.25 mm. Power the console fully off and unplug it before you open the slot, and format the drive when the PS5 asks.

USB drives: what they can and can't do

- A USB drive can **run PS4 games** directly — and a USB SSD does that well.
- It can **store** PS5 games, which saves you re-downloading 90 GB, but you must move them back to internal or M.2 storage to play them.
- So it's a parking space for PS5 games, not extra playable storage. That's the M.2 slot's job.

Airflow and dust

- Give it roughly **10 cm (4 in)** of clear space around the vents, especially the back.
- A closed TV cabinet is the worst place for it — the console just breathes its own hot air.
- Vacuum or brush the vents every few months. For compressed air, spray from **outside** in short bursts and never spin the fan with it.
- The PS5's side panels pop off without tools and there are dust-catcher holes underneath that are worth clearing — that's a designed-in user task, not a teardown.

A real full restart

Rest mode is not off. Once in a while, shut the console all the way down (hold [PS](#) > [Power](#) > [Turn Off My PS5](#)) and leave it a minute. It clears up the slow-menu, won't-launch-anything weirdness more often than you'd expect.

PS4 & PS4 Pro.

A PS4 is held back by one component more than anything else: a 5,400 rpm laptop hard drive. Everything else on this page is secondary to that.

The big one: put an SSD in it

This transforms load times, fast travel, map screens and game launches. It will **not** raise your frame rate — that's the GPU's job, and the GPU isn't changing — but it's the most dramatic upgrade a PS4 can get.

- You need a **2.5 inch SATA SSD, 9.5 mm thick or less**. Any normal laptop SSD fits.
- **Back up first:** Settings > System > Back Up and Restore to a USB drive, or let PS Plus cloud saves handle the saves.
- The drive bay is user-accessible — one cover, one screw on a standard PS4; the Pro's is at the back. No soldering, no heat.
- Afterwards the console needs the system software reinstalled from a USB stick via Safe Mode **option 7**. Download the *reinstallation* file from PlayStation's support site, not the normal update file.
- Not confident opening it? A cheaper, zero-risk version: plug in a **USB 3.0 SSD** and set it up at Settings > Devices > USB Storage Devices > Format as Extended Storage. PS4 games run from it fine.

PS4 Pro only: Boost Mode

Settings > System > Boost Mode

Sony's own wording is that it "may improve the frame rate of some PS4 games", and it targets games released **before November 2016** that were never patched for the Pro. It's free to try. Sony also says that if you see odd behaviour in a game with it on, turn it off — so if one specific game starts misbehaving, that's your first suspect.

PS4 Pro on a 1080p TV: Supersampling

Settings > Sound and Screen > Video Output Settings > Supersampling Mode

Turn it **on**. The Pro renders at a higher resolution and scales it down to 1080p, which cleans up jagged edges for free. Pointless on a 4K TV — this one is specifically for 1080p displays.

Video output basics

Settings > Sound and Screen > Video Output Settings

Leave **Resolution**, **RGB Range**, **Deep Colour** and **HDR** on **Automatic** unless you have a specific reason not to. If HDR looks wrong on a cheaper HDR TV, trying it off is a legitimate test — some TVs genuinely handle SDR better.

Housekeeping

- **Rebuild Database** every couple of months, or any time the menu gets sluggish. Safe Mode **option 5**. It doesn't delete games or saves.
- Keep some free space. Delete the games you finished — you can always redownload them.
- A loud PS4 is a dusty PS4. Clean the vents — the fan noise is the console fighting heat. Full teardowns and fresh thermal paste do help an old console, but they void the warranty and are not a beginner's solo job.

Safe Mode cheat sheet.

Safe Mode holds the rebuild and repair tools — and the two options that wipe your console, so the tables flag which is which.

Getting into Safe Mode (PS4 and PS5, same method)

- Hold the console's **power button for about 3 seconds** to power it fully off, and wait until the indicator light has **stopped blinking** completely.
- Hold the power button again. You'll hear one beep straight away — keep holding and **release after the second beep**, roughly 7 seconds later.
- Connect a controller with a **USB cable** (Bluetooth won't work here) and press the **PS button**.

PlayStation 5

	OPTION	WHAT IT DOES	RISK
1	Restart PS5	Exits Safe Mode normally.	SAFE
2	Change Video Output	Forces a low resolution or resets HDCP — for a blank screen.	SAFE
3	Repair Console Storage	Scans for and fixes storage errors. Does not erase data.	SAFE
4	Update System Software	Updates by internet, USB or disc.	SAFE
5	Restore Default Settings	Resets settings only. Games and saved data stay.	CARE
6	Clear Cache and Rebuild Database	The useful one. Clears system cache and rebuilds the game database. Keeps games and saves.	SAFE
7	Reset PS5	Deletes all user data and restores the console to factory state.	ERASES ALL
8	Reset PS5 and Reinstall System Software	As above, and wipes the system software too. Last resort.	ERASES ALL

PlayStation 4

	OPTION	WHAT IT DOES	RISK
1	Restart PS4	Exits Safe Mode normally.	SAFE
2	Change Resolution	Restarts at 480p — for a blank screen.	SAFE
3	Update System Software	Updates by internet, USB or disc.	SAFE
4	Restore Default Settings	Resets settings only.	CARE
5	Rebuild Database	The useful one. Rebuilds the content database. Keeps games and saves.	SAFE
6	Initialize PS4	Deletes all user data and restores factory state.	ERASES ALL
7	Initialize PS4 (Reinstall System Software)	As above, and wipes system software. This is the one you use after an SSD swap.	ERASES ALL
8	Set HDCP Mode	PS4 Pro only — for HDMI handshake problems.	SAFE

Rebuilding can take an hour or more on a big library. Don't pull the power — leave it alone and let it finish.

Network.

This is the area with the most nonsense attached to it, so here's the split: things that genuinely change your connection, and things that only look like they do.

Actually helps

- **Run an ethernet cable.** Nothing else on this page comes close. Wired is more stable and lower-latency than even good Wi-Fi, and a long flat cable under a rug costs very little.
- **If you must use Wi-Fi, use 5 GHz** and get the console in line of sight of the router. Pick the 5 GHz network by name at Settings > Network > Set Up Internet Connection.
- **Stop other devices hogging it** while you play — a 4K stream or someone else's game download is a real cause of lag spikes.
- **Download overnight in rest mode.** Nothing competing, and often noticeably faster.
- **Check your actual speed** at Settings > Network > Connection Status > Test Internet Connection so you know whether the problem is the console or the line.
- **Router QoS**, if yours has it, can prioritise the console. Worth ten minutes if your household is busy.

Doesn't do what people claim

- **Custom DNS.** It can make store pages and lookups feel a touch snappier, and it's harmless. It does not raise your download speed cap, your frame rate, or your in-game ping — DNS isn't involved once you're connected to a match.
- **Chasing NAT Type 1.** NAT Type 2 is normal and fine for essentially every game. Putting your console in a DMZ to force Type 1 exposes it for no real benefit.
- **"Boost" MTU values.** Leave MTU on automatic. Hand-typed values from a video usually make things worse, not better.
- **VPNs for lower ping.** Adding a detour almost always adds latency. A VPN is for region access, not performance.
- **Download accelerator settings.** There aren't any. Your line speed is your line speed.

Three numbers people keep mixing up

NUMBER	WHAT IT ACTUALLY IS	WHAT CHANGES IT
Download speed	How fast a game downloads. Nothing to do with how a match feels.	Your internet plan, and whoever else is using it.
Ping / latency	How long a message takes to reach the game's server and come back.	Distance to the server, and wired vs Wi-Fi. Mostly out of your hands.
Input lag	The delay between your thumb and the screen, offline <i>and</i> online.	Your TV, first and foremost. Then a wired controller.

If a game feels laggy, check them in this order: your TV's picture mode, then a wired connection, then your actual internet line, then the game's own servers. Three of those four you can fix — and in single-player it's almost always the first one, which means the fix is on page 02, not in here.

Can't run a cable to the console?

You have two decent options short of drilling holes. **Powerline adapters** send the connection through your house wiring and usually beat Wi-Fi comfortably, though results depend on your wiring. Or put a **mesh node or Wi-Fi extender with an ethernet port** near the console and plug in to that — the last hop being wired still helps. Both beat a console sitting two floors from the router on 2.4 GHz.

Things that don't work.

All of these are popular. None of them do what the video title said.

"Turn on Boost Mode on your PS5"

There is no Boost Mode on a PS5. It's a PS4 Pro setting. Any guide telling you to enable it on a PS5 hasn't touched one.

"Clear your cache every day for more FPS"

The only cache clear a PlayStation has is in Safe Mode, and it's a maintenance tool for a sluggish interface — not a frame-rate setting. Doing it weekly is pointless, not dangerous.

"This app / USB stick optimizes your console"

A retail PlayStation only runs software signed by Sony. Third-party "optimizers" cannot touch the system, which is why the honest ones do nothing and the dishonest ones are after your account.

"Delete and reinstall your games to speed them up"

A reinstall fixes a corrupted install. It doesn't make a working game faster, and you'll burn an evening of bandwidth finding that out.

"Rest mode ruins your console"

Rest mode is a designed feature and it's where downloads and updates are meant to happen. Just remember it isn't a full shutdown, so a proper power-off is still worth doing occasionally.

"Enable 120 Hz and every game runs at 120 fps"

The setting lets the console output 120 Hz where a game supports it. The game decides the frame rate, and most target 60.

"Turn HDR off for more performance"

HDR doesn't cost frames. What *can* happen is a TV processing HDR more slowly than SDR, so if your TV feels worse in HDR, testing it off is fair — just know you're fixing the TV, not the console.

"Overclock / undervolt your PlayStation"

Not a thing on a retail console. There is no menu, no tool and no file to edit.

"Standing a PS5 vertically damages it"

Both orientations are supported by Sony, and the stand is in the box for exactly that. What matters is clear space around the vents, not which way up it is.

"Drop your output resolution to 1080p for more frames"

The output resolution is what gets sent to the TV. It doesn't change the resolution the game chooses to render at internally, so the frame rate doesn't move — you just get a softer picture.

"Run your PS5 games from a fast USB SSD"

You can't. A USB drive stores PS5 games but won't run them — they have to be moved back to the internal drive or an M.2 drive first. PS4 games are the exception and do run from USB.

"Turn on Game Boost for PS4 games on your PS5"

There's no switch. The PS5 already applies a boost to supported PS4 titles by itself. Any menu path someone gives you for this doesn't exist.

"Factory reset it every few months to keep it fresh"

That's wiping your console to fix nothing. The rebuild option in Safe Mode does the useful part of this and keeps your games and saves.

"Turn off haptics and adaptive triggers for performance"

That's a controller battery setting, not a console one. Turn them down if you want longer battery life — the game runs exactly the same either way.

Quick checklist.

The whole guide, condensed. Top to bottom in order of how much difference it makes.

Everyone, both consoles

- ☐ TV picture mode set to **Game**
- ☐ Motion smoothing **off** (TruMotion / Motionflow / Auto Motion Plus / Action Smoothing)
- ☐ Noise reduction, dynamic contrast and light sensor **off**
- ☐ Console in the TV's **best HDMI port**, with that port's enhanced mode enabled
- ☐ Using the **HDMI cable that came with the console**
- ☐ **Ethernet cable** plugged in, or at least on 5 GHz Wi-Fi
- ☐ At least **10% free storage**
- ☐ Vents **clear and dusted**, 10 cm of space, not shut in a cabinet
- ☐ Downloads **paused** while you play

PS5

- ☐ Game Presets → **Performance Mode**
- ☐ 120 Hz Output → **Automatic**
- ☐ VRR → **Automatic** + Apply to Unsupported Games
- ☐ **Adjust HDR** calibration done properly
- ☐ Rest-mode internet **on** for overnight downloads
- ☐ Safe Mode **option 6** if things feel sluggish
- ☐ M.2 drive meets Sony's spec, **with a heatsink**
- ☐ Controller **wired** for competitive play

PS4 / PS4 Pro

- ☐ **SSD** inside (2.5", SATA, ≤ 9.5 mm) — or a USB 3.0 SSD as extended storage
- ☐ Backed up **before** opening anything
- ☐ PS4 Pro: **Boost Mode** on
- ☐ PS4 Pro on 1080p: **Supersampling** on
- ☐ Video output settings on **Automatic**
- ☐ Safe Mode **option 5** every couple of months
- ☐ Fan noise investigated = **dust cleaned**

And ignore

Custom DNS for "more FPS" · NAT Type 1 hunting · hand-typed MTU values · VPNs for lower ping · daily cache clearing · console "optimizer" apps · PS5 Boost Mode (doesn't exist) · reinstalling working games

Still feels wrong? Narrow it down in this order

- **Is it one game, or all of them?** One game is the game's problem — check its own graphics menu and whether a patch is pending.
- **Is it one TV input?** Move the HDMI cable to a different port and see if the problem moves with it.
- **Is it only online?** Then it's the network, not the console. Go back to page 07.
- **Is it everything, all the time?** Full power-off, then the rebuild option in Safe Mode. If it persists, it's a hardware or heat issue.

Now go play something.

If you worked through the checklist, your console is doing everything it's capable of doing. The rest is down to the games.

On the PC side

A PC is the opposite situation: it's wide open, and there are hundreds of real settings buried in places you'd never find by hand. That's what **F1zz Tweaks** is for — one app, every tweak explained in plain English, and anything you turn on can be turned straight back off.

flzztweaks.com

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Pass it on. This guide is free — send the whole PDF to anyone who'd find it useful. Just leave it as it is rather than clipping bits out, since the warnings matter as much as the steps.

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