

# Best HandBrake Settings for X / Twitter (2025)

Goal: Highest possible quality after X’s heavy re-compression while staying under file-size limits.

X strongly prefers: **H.264 video + AAC audio in MP4 container**  
Give it the cleanest possible source — X will re-encode everything anyway.

## Recommended Starting Presets

(These already use the correct codecs and container)

- **Fast 1080p30** → fastest encoding
- **HQ 1080p30 Surround** → best quality/size balance ← **Recommended for most users**
- **Very Fast 720p30** → tiny files fast (good for non-premium 512 MB limit)

## Final Settings (apply on top of the preset)

### Summary Tab

Setting	Value	Reason
Container	MP4	Required by X
Web Optimized	✓ Checked	Faster playback on X

### Video Tab

Setting	Recommended Value	Notes
Video Encoder	H.264 (x264)	Matches X’s compression
Framerate (FPS)	Same as source (or 30/60)	Do not exceed 60 fps

Setting	Recommended Value	Notes
Constant Framerate	✓ Checked	Avoids playback issues
Quality	RF 16-18 (lower = better) RF 18-20 if smaller file needed	16-18 survives X compression best
Encoder Preset	Slow or Very Slow	Huge quality boost for little extra time
Encoder Tune	None	Default is fine
Profile	High	Default in presets
Level	4.2 or Auto	Safe for all devices

## Audio Tab

Setting	Recommended Value	Notes
Codec	AAC (av_aac or faac)	Required
Bitrate	160-320 kbps	160 kbps is plenty for most videos
Mixdown	Stereo	X plays stereo reliably
Samplerate	48 kHz	Best compatibility

## Picture Tab - Keep Original Resolution!

(99 % of unwanted resizing happens here)

Setting	Correct Value	Why it matters
Anamorphic	<b>None</b>	#1 cause of dimension changes
Cropping	Auto (or 0/0/0/0)	Auto is almost always correct
Resolution box	Must match source exactly	e.g. 1920×1080, 1080×1920, etc.
Keep Aspect Ratio	✓ Checked	Usually already on

If resolution still changes → click the little reset arrow next to Dimensions.

## Filters Tab

- Deinterlace → Off (unless old interlaced footage)
- All other filters (Denoise, Deblock, etc.) → **Off**

## Quick “X / Twitter Max Quality” Custom Preset You Can Save

1. Start with **HQ 1080p30 Surround**
2. Picture → Anamorphic: None
3. Video → Preset: Slow or Very Slow
4. Video → RF: 16-18
5. Summary → Web Optimized: ✓
6. Save As → “X Twitter Max Quality”

## Bonus: Non-Premium (512 MB limit) Settings

- Start with **Very Fast 720p30** or **Fast 720p30**
- RF 20-23
- Audio 128 kbps → Easily keeps long videos under the limit.

Stick to H.264 + AAC. Never use H.265/AV1/VP9 for X — they get transcoded and look worse.

Enjoy noticeably sharper videos on X!