Reasons for Jitter:

1. Unoptimized code
2. Errors in the hardware clock
3. Other environmental conditions that effect the hardware clock
4. Variations in the power supply

Ways to improve jitter:

1. Optimize the code
2. Use more machine friendly programming language like C to improve timestamping
3. Use better performing hardware clocks
4. More stable conditions for the clock (environmental and power supply)