

MacBook Pro 16" Bluetooth issues with audio headphones

<https://discussions.apple.com/thread/7676960>

I have had this problem since I upgraded to Sierra. I tried the the NVRAM and SMC without luck, also resetting Bluetooth did not help.

Well - after googling for a solution today I once again did a reset of the bluetooth module, rebooted and turned off wifi and it finally worked! I have zero stutter now. It was impossible to listen to music before this on my Macbook Pro. I have also enabled wifi again and still no stutter.

<https://osxdaily.com/2015/12/15/reset-bluetooth-hardware-module-mac-osx/>

Potential fix

<https://apple.stackexchange.com/questions/40259/bluetooth-audio-problems-on-a-macbook>

<https://macreports.com/fix-bluetooth-problems-in-macos-catalina/>

<https://github.com/OpenIntelWireless/IntelBluetoothFirmware/issues/58>

<https://discussions.apple.com/thread/250736951>

Download Additional Tools for Xcode... in this link <https://developer.apple.com/download/more/>

Open Bluetooth Explorer > Tool > Audio Option...

>>> Choose "disable ACC" and "disable aptX"

>>> Close

>>> Disconnect bluetooth headset then reconnect.

It works for me

Sony WI-C300

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<https://www.howtogeek.com/425605/how-to-force-macos-to-use-the-aptx-or-aac-codecs-for-bluetooth-headphones/>

<https://developer.apple.com/download/more/?=additional%20Tools>

<https://apple.stackexchange.com/questions/40259/bluetooth-audio-problems-on-a-macbook#>

<https://apple.stackexchange.com/questions/369765/does-macos-10-15-catalina-no-longer-support-aptx>

<https://www.macrumors.com/how-to/enable-aptx-aac-bluetooth-audio-codecs-macos/>

https://www.reddit.com/r/headphones/comments/7o95ob/aac_vs_aptx_bluetooth_which_is_generally_agreed/

<https://gist.github.com/dvf/3771e58085568559c429d05ccc339219>

<https://appletoolbox.com/bluetooth-headphones-sound-issues-macbook-fix/>

<https://www.areilly.com/2017/07/29/enabling-aac-and-aptx-over-bluetooth-on-macos/>