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The human ear is a very sensitive organ. The sounds that we hear need to be at an optimal level that as the ear any inconsistencies in the frequency levels can end up making the sounds distorted. In the digital age that we live in today, the importance of sound quality has become even more apparent. Digital audio content such as voice notes, Mp3 files, recorded speaker sessions, keynotes, and digital interviews have all become an integral part of our lives.   
Sound quality is depended solely on the audio sampling rate. A lot of people believe that the higher the audio sampling rate, the better the quality of the sound. However, it is important to point out that this is a wrong notion. There is an optimal audio sampling rate which is 96Khz. Although in hindsight it would seem that exceeding this rate would increase the quality of audio recordings, the opposite is in fact true. As the rate goes higher, we experience diminishing returns to quality. Therefore, devices that stick to 96Khz end up providing the best sound quality. Dipping below the rate, however, has an adverse effect on sound quality.   
Modern day websites have a number of video formats that can be chosen. However, the most widely used video format on websites is flash. The use of flash is best suited for videos that are of a short length. In addition, flash also allows video to stay of a high quality, without much compression loss. Lastly, since flash is so widely used these days, having a machine or device that has flash support is easy. In fact, a large number of devices as mobile phones and tablets have flash or html support, so this is a huge benefit to have as far as exposure is concerned. An increasing number of modern websites also post videos on YouTube and then post them to their own webpage. This is done by having a channel on YouTube, and then simply posting the URL on a particular website. Mp4 video is also one of the more popular internet based video formats.

## References

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