
Use	Resolution	Frame rate	Typical bitrate
Social landscape	1920 × 1080	30	8–12 Mbit/s
Social portrait	1080 × 1920	30	8–12 Mbit/s
Email / chat	1280 × 720	30	3–5 Mbit/s
Square	1080 × 1080	30	6–10 Mbit/s
4K archive	3840 × 2160	30	35–45 Mbit/s

Typical H.264 values

Notes