

144Hz vs 240Hz Gaming Monitor (vsdiff.com)

Feature	144Hz Monitor	240Hz Monitor
Refresh Rate	144Hz	240Hz
Motion Clarity	Good	Excellent
Cost	Generally more affordable	Higher price point
Input Lag	Low	Slightly lower
Best For	Competitive gaming	Professional esports
Graphics Card Requirement	Mid-range	High-end

Source: <https://vsdiff.com/144hz-vs-240hz-gaming-monitor/>