2026 LUFS Targets per Platform - Cheat Sheet

Fora Soft Learn

Integrated target + true-peak ceiling for every major destination. LKFS = LUFS.

Targets table (2026)

PLATFORM / DESTINATION	INTEGRATED	TRUE PEAK
Spotify (music)	**-14 LUFS**	-1 dBTP
Apple Music (Sound Check)	**-16 LUFS**	-1 dBTP
YouTube	**-14 LUFS**	-1 dBTP
TIDAL / Amazon / SoundCloud	**-14 LUFS**	-1 dBTP
Deezer	**-15 LUFS**	-1 dBTP
Podcast - stereo	**-16 LUFS**	-1 dBTP
Podcast - mono	**-19 LUFS**	-1 dBTP
AES TD1008 - speech	**-18 LUFS**	-1 dBTP
AES TD1008 - music	**-16 LUFS**	-1 dBTP
Netflix (dialog-gated)	**-27 LKFS**	-2 dBTP
EBU R128 broadcast	**-23 LUFS**	-1 dBTP
ATSC A/85 broadcast (US)	**-24 LKFS**	-2 dBTP
Social (TikTok / IG / Meta)	**no official target**	-1 dBTP

Spotify playback modes

Loud = -11 LUFS (boosts quiet masters; adds a limiter ~ -1 dBFS)

Normal = -14 LUFS (default - the number to master for)

Quiet = -19 LUFS (gentle level for quiet rooms)

Remember

- [ ] You cannot out-loud the normalizer: mastering hot only sacrifices dynamic range.
- [ ] One master at -14 LUFS / -1 dBTP covers the music-streaming cluster; plays fine on Apple's -16.
- [ ] Mono podcast needs -19 LUFS to sound as loud as a -16 LUFS stereo file.
- [ ] YouTube and Apple mostly only turn DOWN - a quiet master is not boosted.
- [ ] Streaming is louder than broadcast because of noisy mobile listening, not different science.