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Thread: [VPN basics: performance, privacy and best protocols for everyday use](#)

bazhenm199 - April 12, 2026, 9:57 am

Hi everyone,

I've been trying to better understand how VPNs affect both privacy and network performance in real-world usage. I'm mainly using VPN for secure browsing, accessing region-restricted content, and protecting traffic on public networks.

However, I've noticed that speed and latency can vary quite a lot depending on the VPN server and protocol used. Sometimes everything is fast and stable, but in other cases there's a noticeable slowdown, especially during streaming or gaming.

I came across this overview which explains VPN behavior and protocol differences quite clearly: [vpnmag.net](#) — it helped me understand why WireGuard, OpenVPN, and IKEv2 can perform very differently.

So I'd like to ask the community:

- What VPN protocols do you recommend for a balance of speed and security?
- How big is the real-world performance impact in your experience?
- Are there best practices to reduce latency when using VPN daily?

Would appreciate any insights or setups you personally use ?