How to fix lags in Apex Legends game

Despite proper internet connectivity and computer system specifications, the famous game – Apex Legends lags for few seconds, repeatedly after some intervals. 5-10 seconds lag spikes have been observed 2-3 times in a game by some users, while others report that they cannot even join Apex Legends match. Reports have been taken over the technical issues section of EA games' forums. Unfortunately, there doesn't seem to be an easy fix to this issue that fits all cases of freezing and crashing, but here are mentioned few solutions that worked for people:

- Checking if the system meets minimum requirements for the game i.e. 64-bit OS, 6GB RAM, 1GB GPU RAM, 22GB of free space in hard drive, Intel Core i3-6300 3.8 GHz / AMD FX-4350 4.2GHz Quad-Core CPU and NVIDIA GeForce GT 640 / Radeon HD 7730 GPU. Furthermore, upgrade processor if it's too old, since Apex doesn't run on AMD Phenom processor.
- Updating game; downloading and adding game patch in the game folder. However, patches should be installed from official sites only.
- Updating driver: Both AMD and NVIDIA released new drivers for their video cards that optimize, and fix issues related to Apex Legends.
- If drivers have been updated before game and lag spikes are observed, it is recommended to downgrade the driver version since AMD's latest version is not recommended yet.
- Some video cards have sync options for instance, Freesync, G-sync and others that might cause issue of lag spikes in Apex Legends, when paired with game's own Vertical Sync. Few users have said that disabling this feature for Apex fixed the issue.
- Some players have disabled or reduced their CPU overclocking that proved a good setting to tweak in case of running mid or high-end PC build.
- Game files may be corrupted. By selecting "Repair" option in the menu of 'Play' button found in Apex Legends folder, this issue can be fixed.
- Reinstalling Origin first, if it doesn't help then reinstallation of Apex Legends might solve the problem.
- According to some players, their Windows firewall didn't allow Origin and Apex Legends through their firewall. Adding firewall exceptions to Origin and Apex resolved the issue.
- Disabling Origin's FPS overlay that may affect PC's performance.
- In PS4 Pro, issue has been fixed by deleting and re-downloading the game, deleting saved data and disabling "boost mode" in PS4 settings. Moreover, disconnecting PSVR from console and setting resolution to 1080p instead of 2160p.
- Some users have fixed the bug by running following commands on CMD (run as administrator):
 NETSH INT IP RESET C:\RESETLOG.TXT, NETSH WINSOCK RESET and IPCONFIG / FLUSHDNS, and restarting the PC.
- Changing the settings of network adapter fixed the problem for some players. For this purpose, preferred DNS server address might be set at 1.1.1.1 and alternate DNS type to be 1.0.0.1.