Dolby Atmos: what each source actually delivers

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Source	What you actually get	Lossless?	Bitrate	What's inside
Apple Music	Dolby Digital Plus with Joint Object Coding	No	Up to 768 kbps	Up to 16 elements
Tidal	Dolby Digital Plus with Joint Object Coding on speakers. A binaural codec (AC-4 IMS) for headphones on mobile.	No	768 kbps is the codec's ceiling	Up to 16 elements
Amazon Music	Dolby Digital Plus with Joint Object Coding	No	448 or 768 kbps	Up to 16 elements
Spotify	No Atmos at all	Stereo only	n/a	n/a
Paid download (Immersive Audio Album, 2L)	Dolby TrueHD file	Yes	Same family as Blu-ray	Up to 16 elements
Blu-ray	Dolby TrueHD	Yes	Around 6,000 kbps on average, peaks up to 18,000	Up to 16 elements
ADM BWF master	Uncompressed PCM plus metadata	Yes, it's the original	About 147 Mbps if all 128 inputs are used	Up to 128 channels: 10 beds and 118 objects

Three tiers, not two

Streaming. It's lossy, and the mix is grouped down to a maximum of 16 elements.

Blu-ray and paid downloads. These use Dolby TrueHD, which is lossless. It's still the home version of Atmos, so the same 16-element grouping applies.

The ADM BWF master. It's the only place the full mix exists. Every stream and every disc gets made from this file.

Sources: Dolby Atmos Master ADM Profile (Dolby); Amazon Music audio formats (Amazon developer docs); Morten Lindberg of 2L in Stereophile, "Dolby Atmos: a Bleak Shadow?"; Immersive Audio Album. Checked November 2026.