

Knowing the best time to post content on each social media platform can help you increase post visibility and garner higher engagement.

RECOMMENDED TIMES TO POST			
PLATFORMS	RECOMMENDED TIMES	BEST DAY	BEST TIME
Facebook	Monday: 9-10 AM and 1 PM Tuesday: 10-2 PM Wednesday: 11 AM and 1-2 PM Thursday: 10-2 PM Friday: 9-11 AM Saturday: 9-10 PM Sunday: N/A	<ul style="list-style-type: none"> Wednesday 	<ul style="list-style-type: none"> Wednesday, 11 AM and 1-2 PM
Twitter	Monday: 8-9 AM Tuesday: 8-9 AM and 7-8 PM Wednesday: 9 AM Thursday: 9 AM Friday: 9-11 AM Saturday: 9 AM Sunday: 9 AM	<ul style="list-style-type: none"> Wednesday Friday 	<ul style="list-style-type: none"> Wednesday and Friday at 9 AM
Instagram	Monday: 11 AM Tuesday: 7 PM Wednesday: 11 AM Thursday: 10 AM and 12 PM Friday: 10-11 AM Saturday: 10 AM Sunday: N/A	<ul style="list-style-type: none"> Wednesday 	<ul style="list-style-type: none"> Wednesday at 11 AM and Friday from 10 AM-11 AM
LinkedIn	Monday: 11 AM and 1-2 PM Tuesday: 9-10 AM and 12-1 PM Wednesday: 8-10 AM and 12 PM Thursday: 9 AM and 1-2 PM Friday: 9 AM Saturday: 8-9 AM Sunday: 9 AM	<ul style="list-style-type: none"> Wednesday Thursday 	<ul style="list-style-type: none"> Wednesday from 8-10 AM and noon, Thursday at 9 AM and 1-2 PM, and Friday at 9 AM