Best Times for Facebook Engagement

Best Times to Post on Facebook

- The best times to post on Facebook are **Wednesday at noon and 2 p.m.** and **Thursday at 1 and 2 p.m.**
- **Thursday** is the best day to post on Facebook in the week.
- The safest times to post include **weekdays from 10 a.m. to 3 p.m.**
- **Saturday** has the least amount of engagement for Facebook in the week.
- **Evenings and early mornings** have the least amount of engagement in the day.

Best Times for Instagram Engagement

Best Times to Post on Instagram

- The best time to post on Instagram is **Wednesday at 3 p.m.**, **Thursday at 5 a.m.**, **11 a.m.**, and **3 to 4 p.m.** and **Friday at 5 a.m.**
- **Thursday** is the best day to post to Instagram.
- The safest times to post to Instagram are **Tuesday through Friday 9 a.m. to 6 p.m.**
- **Sunday** is the least engaging day for Instagram.

Best Times for Twitter Engagement

Best Times to Post on Twitter

- The best time to post on Twitter is **Friday 9 to 10 a.m.**
- **Friday** is the best day to post to Twitter.
- The safest times to post Tweet are **everyday 10 a.m. to noon**.
- **Sunday mornings** receive the least amount of engagement.