Best times to post on so	ocial media		
Social Network	Time Zone	Time Zone	
Facebook	PT	ст	ET
Best Time to Post	Tuesday, Wednesday and Friday 7 a.m.—11 a.m.	Tuesday, Wednesday and Friday 9 a.m.–1 p.m.	Tuesday, We
Best Day to Post	Tuesday, Wednesday, Friday	Tuesday, Wednesday, Friday	Tuesday, We
Worst Day to Post	Saturday	Saturday	Saturday
Twitter			
Best Time to Post	Wednesday 7 a.m.– 1 p.m., Tuesday through Thursday 7–9 a.m.	Wednesday 9 a.m.– 3 p.m., Tuesday through Thursday 9–11	a. Wednesday
Best Day to Post	Wednesday	Wednesday	Wednesday
Worst Day to Post	Saturday	Saturday	Saturday
Instagram			
Best Time to Post	Tuesday 9 a.m.—noon, Monday through Friday 9 a.m.	Tuesday 11 a.m.–2 p.m., Monday through Friday 11 a.m.	Tuesday noo
Best Day to Post	Tuesday	Tuesday	Tuesday
Worst Day to Post	Sunday	Sunday	Sunday
LinkedIn			
Best Time to Post	Tuesday and Thursday 7 a.m.–10 a.m., Wednesday 7 a.m.–noon	Tuesday and Thursday 9 a.m.–noon, Wednesday 9 a.m.–2 p	r Tuesday and
Best Day to Post	Tuesday and Wednesday	Tuesday and Wednesday	Tuesday and
Worst Day to Post	Sunday	Sunday	Sunday
	Facebook Global Engagement sproutsocial	Instagram Global Engagement sproutsocial	Twitter Glo
	Mon	Mon	Mon
	Tues Wed	Tues  Wed	Tues
	Thurs	Thurs	Thurs
	Fri Fri	Fri Fri	Fri
	Sat	Sat	Sat