

# SOCIAL MEDIA POST TIMES



TWITTER

Wednesday and Friday at 9 a.m.,  
with the most consistent engagement found  
on weekdays between 8 a.m. and 4 p.m.



FACEBOOK

Wednesday at 11 a.m. and 1 p.m.,  
with the most consistent engagement  
happening on weekdays 9 a.m. to 3 p.m.



INSTAGRAM

Wednesday at 11 a.m., though Friday  
between 10 a.m. and 11 a.m. is also good;  
the most consistent engagement is Tuesday  
through Friday, 10 a.m. to 3 p.m.



LINKEDIN

Wednesday at 9 a.m. to 10 a.m. and at noon,  
with most consistent engagement  
happening Tuesday through Friday  
between 8 a.m. and 2 p.m.

INFORMATION FROM SPROUTSOCIAL

