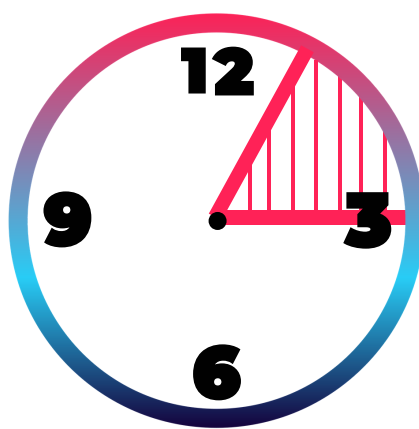




# THE BEST TIMES TO POST ON SOCIAL MEDIA

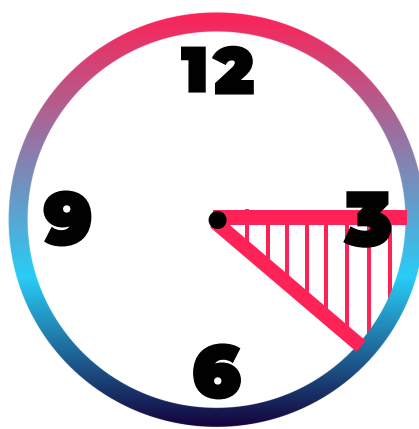
## FACEBOOK



**Thursday & Friday  
1:00-3:00pm EST**

You can apply this to pretty much every day of the week, including Saturdays, but you should test for your audience.

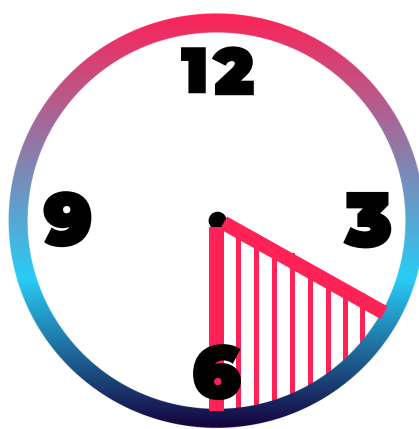
## INSTAGRAM



**Everyday  
3:00-4:00pm**

The best day to post overall is Thursday, but you'll have to test due to Insta's complex algorithms.

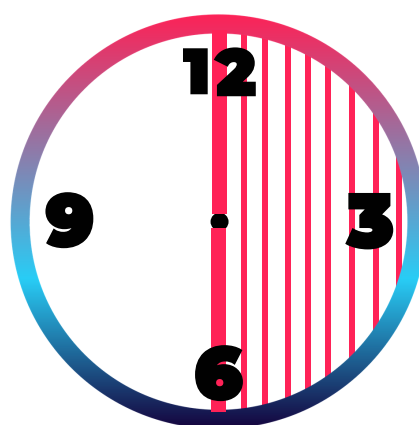
## LINKEDIN



**Wednesday  
4:00-6:00pm**

Other high engagement times on the platform are between 9 AM and 11 AM EST on Tuesdays, 11 AM-1 PM CDT on Wednesdays, and 2 PM and 4 PM EST on Thursdays.

## TWITTER



**Everyday  
8:00-10:00am &  
6:00-9:00pm**

Unlike other social media platforms you won't be penalized for posting frequently, so be sure to test consistently with your timing.

Questions or comments?  
Reach out us at  
[hello@speakerflow.com](mailto:hello@speakerflow.com)