











<i>when to post on TikTok</i>	
Monday	1 PM PST
Tuesday	2 PM PST
Wednesday	1 PM PST
Thursday	7 PM PST 
Friday	2 PM PST
Saturday	 9 AM PST
Sunday	1 PM PST 

<i>when to post on Instagram</i>	
Monday	9 AM PST 
Tuesday	9 AM PST
Wednesday	9 AM PST
Thursday	 8 AM PST
Friday	9 AM PST
Saturday	10 AM PST
Sunday	10 AM PST

<i>when to post on Facebook</i>	
Monday	10 AM PST 
Tuesday	 10 AM PST
Wednesday	10 AM PST
Thursday	11 AM PST
Friday	11 AM PST
Saturday	8 AM PST
Sunday	10 AM PST

<i>when to post on Twitter</i>	
Monday	7 AM PST
Tuesday	7 AM PST
Wednesday	10 AM PST
Thursday	11 AM PST 
Friday	 9 AM PST
Saturday	9 AM PST
Sunday	9 AM PST

<i>when to post on LinkedIn</i>	
Monday	1 PM PST 
Tuesday	10 AM PST
Wednesday	3 PM PST
Thursday	10 AM PST
Friday	10 AM PST
Saturday	12 PM PST
Sunday	8 AM PST

Source: Hootsuite

Best Times to Post on YouTube

graph showing the best times to post on YouTube



NOTE: It takes YouTube approx. 2-3 hours to index your video after you have uploaded it. This means you should aim to upload your content 2-3 hours before your ideal posting time.

Source: HubSpot

SNAPCHAT

10 PM - 1 AM

Considering Snapchat users are active on the app daily, there is no one day that is more popular than others to post .

Snapchat is used for entertainment and is most popular after normal business hours are over.

Source: SOCi

PINTEREST

1. The top 5 best hours to post on Pinterest are 8:00 PM, 4:00 PM, 9:00 PM, 3:00 PM, and 2:00 PM.
2. The worst 5 hours to post on Pinterest are 12:00 AM, 1:00 AM, 6:00 AM, 4:00 AM, and 5:00 AM.
3. The top 3 best days to post to Pinterest are Sundays, Mondays, and Tuesdays.
4. The worst 3 days to post to Pinterest are Thursdays, Fridays, and Saturdays.

Source: <https://coschedule.com/blog/best-times-to-post-on-pinterest>