



When is the best time to post on social media according to industry

	By Industry	Best Day for Posting	Best Time for Posting	Worst Day for Posting
	<ol style="list-style-type: none"> 1. Healthcare 2. Education 3. Finance 4. Non Profit 5. Restaurant 6. Technology 7. Travel & Tourism 8. Hospitality 	<p>Tues</p> <p>Tues/Wed</p> <p>Wed</p> <p>Wed</p> <p>Fri</p> <p>Tues/Thurs</p> <p>Wed</p> <p>Fri</p>	<p>Mon - Fri @11am</p> <p>Wed & Thurs @10am</p> <p>Wed (9am-1pm), Mon @5pm, Fri @11am</p> <p>Wed (10am-5pm)</p> <p>Mon @midday, Fri (1pm-2pm)</p> <p>Thurs (3pm-4pm)</p> <p>Tues & Wed (9am-1pm), Fri (10am-midday)</p> <p>Mon @11am, Fri (8am-11am), Mon/Tues/Thurs @4pm</p>	<p>Sunday</p> <p>Sunday</p> <p>Sunday</p> <p>Saturday</p> <p>Sunday</p> <p>Sunday</p> <p>Sunday</p> <p>Sunday</p>



**By
Industry**

**Best Day
for
Posting**

**Best Time
for
Posting**

**Worst Day
for
Posting**



1. Healthcare

Mon & Tues

Sun (8am-9am), Tues (8am-midday & 5pm-8pm)

Saturday

2. Education

Fri

Fri (4am-5am), Thurs @2pm

Sunday

3. Finance

Mon

Wed (9am-1pm), Mon @5pm, Fri @11am

Sunday

4. Non Profit

Wed

Wed (10am-6pm)

Sunday

5. Restaurant

Mon

Mon (9am-1pm)

Saturday

6. Technology

Mon

Mon (10am-11am, 2pm-5pm, @8pm)
Tues (10am-1pm), Thurs @midday,
Fri @11am

Sunday

7. Travel &
Tourism

Thurs

Thurs @7am, Mon (11am-3pm)

Saturday &
Sunday

8. Hospitality

Fri

Wed @midday, Thurs (3pm-4pm),
Fri (8am-midday)

Sunday



**By
Industry**

**Best Day
for
Posting**

**Best Time
for
Posting**

**Worst Day
for
Posting**



1. Healthcare

Tues

Mon (9am-midday), Tues (8am-1pm)

Sunday

2. Education

Mon

Mon (6pm-9pm), Thurs @10am

Sunday

3. Finance

Mon/Tues

Mon & Tues (1am-3am), Fri (midday-3pm)

Sunday

4. Non Profit

Wed

Wed (10am-11am and 2pm-4pm)

Sunday

5. Restaurant

Thurs

Wed (midday-2pm), Thurs (8am-2pm)

Saturday

6. Technology

Tues

Mon @11am, Tues & Wed @9am, Tues @2pm

Sunday

7. Travel &
Tourism

Mon/Tues

Mon (10am-2pm), Wed (8am-9am)

Saturday

8. Hospitality

Thurs

Wed (3pm-5pm), Thurs (10am-11am)

Sunday