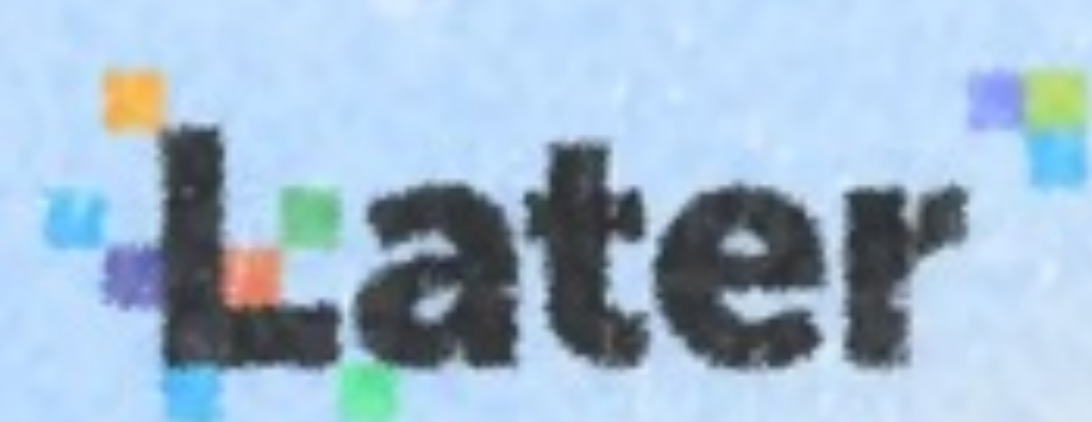




GLOBAL BEST TIMES TO POST ON INSTAGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	12AM					
		2AM				
		3AM				3AM
4AM	4AM	4AM	4AM	4AM	4AM	
5AM	5AM	5AM	5AM	5AM	5AM	5AM
6AM	6AM	6AM	6AM	6AM		
					11AM	
9PM						9PM
						11PM

ACCORDING TO 9M+ GLOBAL POSTS (IMAGES, VIDEOS, CAROUSELS, AND REELS)
DATA COLLECTED JAN 1, 2023 - OCT 1, 2023
CALCULATED IN LOCAL TIME
ANALYZES ENGAGEMENT (LIKES + COMMENTS)/#FOLLOWERS



GLOBAL BEST TIMES TO POST REELS ON INSTAGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	12AM					
		2AM				
	3AM	3AM		3AM		3AM
4AM	4AM	4AM	4AM		4AM	4AM
		5AM	5AM		5AM	
				6AM		
					11AM	
			12PM			
						9PM
10PM						
11PM	11PM		11PM	11PM		11PM

ACCORDING TO 1M+ GLOBAL POSTS (INCLUDES REELS ONLY)
DATA COLLECTED JAN 1, 2023 - OCT 1, 2023
CALCULATED IN LOCAL TIME
ANALYZES ENGAGEMENT (LIKES + COMMENTS)/#FOLLOWERS