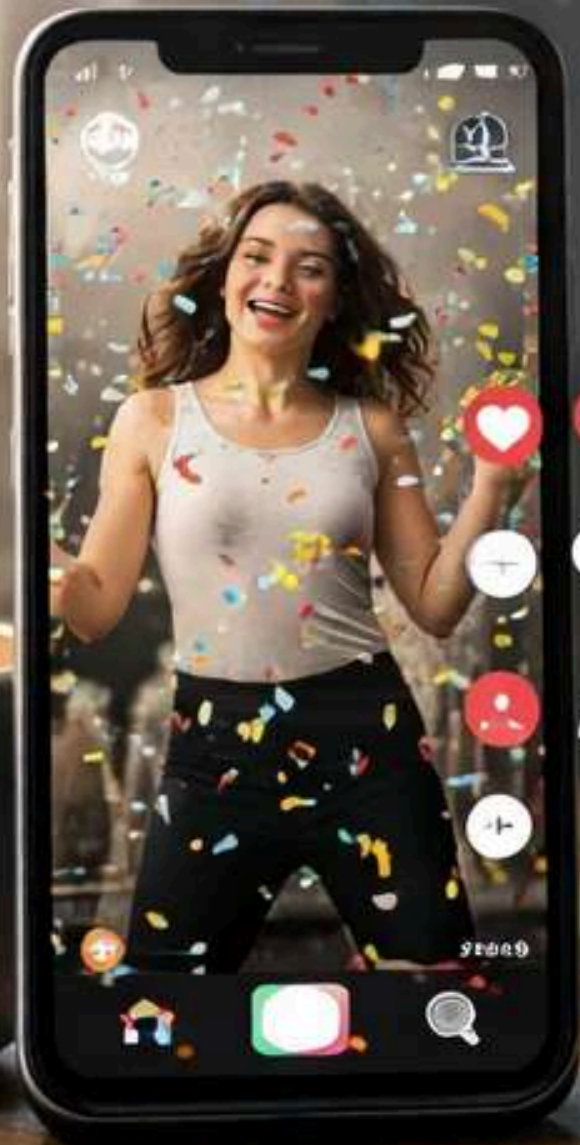


# What's the Best Time to Post on TikTok for More Followers?



152.3K Likes ↑  
8,240 Comments ↑  
+5,300 New Followers ↑

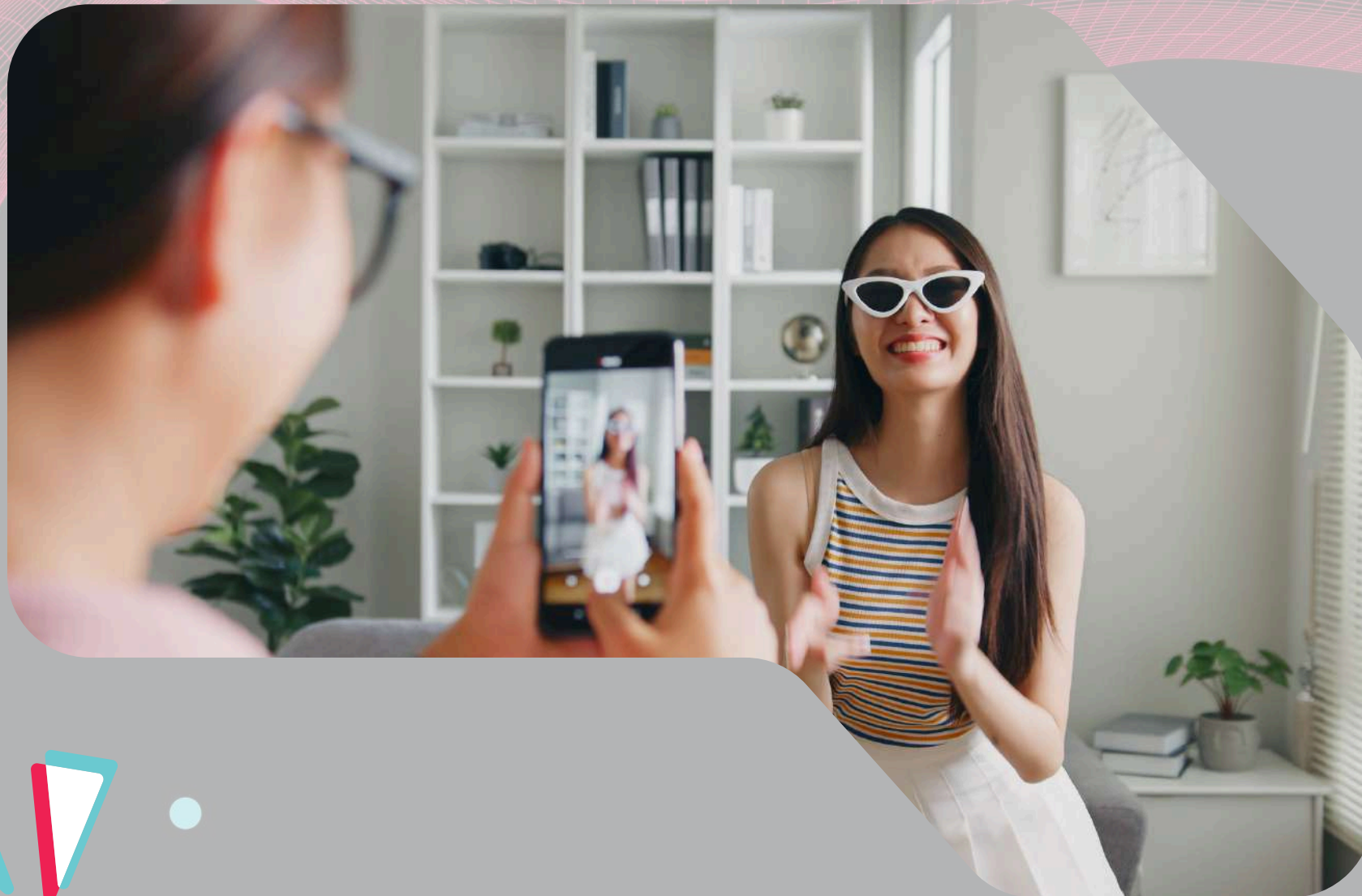


*Post 7 - 10 PM*



# Introduction:

If you're trying to grow on TikTok, understanding the best time to post on TikTok for more followers can make a major difference. Posting at the right time increases your chances of getting early engagement, which helps trigger the algorithm to push your video to more people. **Best Time to Post on TikTok** plays a crucial role in maximizing visibility and reaching the right audience at the right moment. While there's no universal "perfect hour," data shows that certain time windows consistently perform better depending on audience behavior, location, and niche. Knowing when your followers are most active is the key to gaining more views, stronger engagement, and ultimately, more followers.



While results vary, research suggests these high-performing time blocks:

Best overall times (local time):

- 6 AM – 9 AM (morning scroll)
- 12 PM – 2 PM (lunch break)
- 7 PM – 10 PM (evening peak usage)

Best days for engagement:

- Tuesday
- Thursday
- Friday

Evenings typically generate the most engagement because users are relaxed and actively browsing.



## General Best Times to Post on TikTok (Based on Studies)



# Consider Your Time Zone

Always post based on your audience's time zone, not yours.

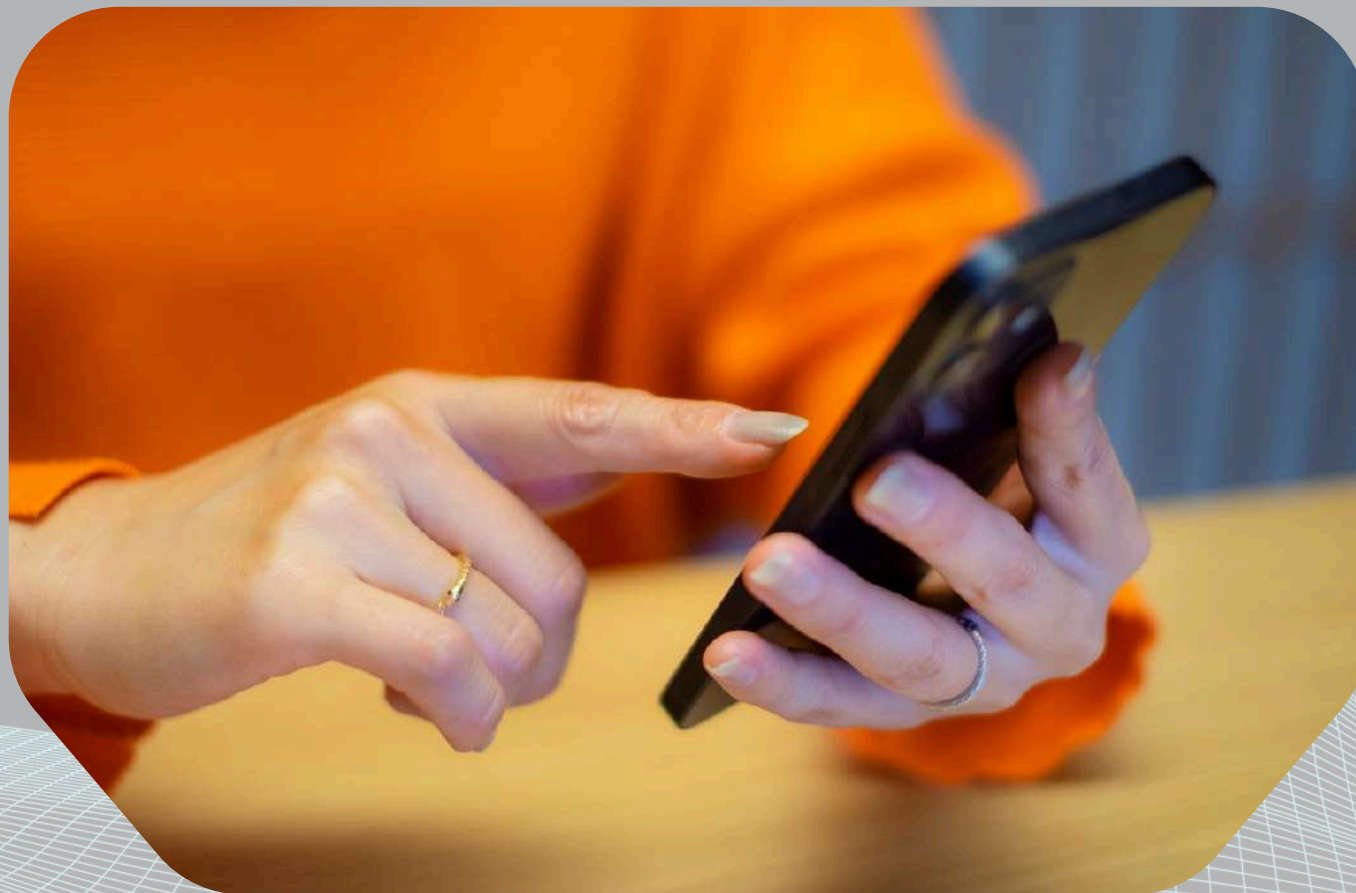
If most of your followers are in the US, schedule posts around EST or PST peak hours.

You can check:

TikTok → Profile → Creator Tools → Analytics → Follower Activity

This shows when your audience is most active by hour and day.

# Final Word:



The **best time to post on TikTok** for more followers depends on when your audience is most active, but evenings (7 PM–10 PM) and early mornings (6 AM–9 AM) are strong starting points. Instead of relying solely on general data, use TikTok analytics to track engagement patterns and optimize your schedule. When you combine smart timing with consistent, high-quality content, you dramatically increase your chances of gaining followers and growing faster on the platform.

<https://poweradspy.com/best-time-to-post-on-tiktok-for-creators/>