

# Is it better to shower in the morning or at night? Dermatologists give the final verdict

It's common to think that your way of doing things is the best approach, from your political views to the way you position the toilet paper roll. But there's also a debate swirling around the best time of day to [shower](#), with people on both sides insisting that their timing is ideal.

There are entire Reddit threads devoted to this topic, with people making valid arguments on both sides. While dermatologists agree that the best time to shower is whatever it takes to consistently clean yourself, there also seems to be a general consensus about whether it's better to shower at night or in the morning.

## [To shower or not to shower? This is how often you should be showering](#)

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If you're a diehard fan of morning or evening showers, there's no reason to change things up. But if you want a professional to confirm (or dispute) that your go-to showering time is the best, keep scrolling.

## Is it better to shower at night or in the morning?

The answer is annoyingly predictable: It depends. "The key is to shower consistently," [Ife J. Rodney, MD](#), founding director of Eternal Dermatology + Aesthetics, tells SELF.

[Gary Goldenberg, MD](#), assistant clinical professor of dermatology at Icahn School of Medicine at Mount Sinai Hospital, agrees. "There's no definitive

'better' since, at the end, it comes down to personal preference," he tells SELF.

[Morning showers](#) can help people wake up, along with removing overnight sweat, bacteria, dead skin cells, and oils that can accumulate in bed, Dr. Goldenberg says. "This may be preferable to those that sweat more at night," he adds.

But night showers help to remove dirt, sweat, pollutants, [sunscreen](#), and environmental debris that build up on your body during the day before bed, Dr. Goldenberg says. And then there are people who prefer to shower twice a day.

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Keeping all of that in mind, dermatologists seem to lean toward showering at night. "I generally recommend taking a shower in the evening," [Cindy Wassef, MD](#), a dermatologist at Premier Health Associates in Randolph, NJ, tells SELF. "It allows you to wash off any of the dirt, bacteria, or fungi you may have been exposed to throughout the day." Because a lot of people don't change their sheets more than once a week, Dr. Wassef points out that showering before slipping into bed helps to keep your bedding clean between washes.

Dr. Rodney is also in the pro-evening camp. "It's super important that you [moisturize your skin](#) properly after showering, and some people are a little rushed to get out the door in the morning," she says. "At night, you have more time to use adequate lotion all over your skin."

Still, the best showering time for you may depend on a few factors.

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Sure, you've likely got a showering situation you feel good about, and no one is saying that you need to change that. But dermatologists say you may want to consider tweaking your timing if you fall into any of these categories:

**You have a skin condition like eczema or psoriasis.**

Time of day is less important here than the way in which you shower. “While some may recommend night showers to remove irritants and pollutants from the day, it’s more important to limit showers to 5 to 10 minutes and use lukewarm water,” Dr. Goldenberg says. “It’s also important to apply moisturizer to the skin immediately after the shower.”

For that reason, Dr. Rodney says she’s more likely to recommend showering at night versus the morning when you have an underlying skin condition, like [eczema or psoriasis](#). “Reinforcing the protective skin barrier is the most important thing,” she says. “You want to take that extra time, and you may not have it in the morning.”

### **You’re a frequent exerciser.**

This can throw the morning or nighttime shower debate out the window. “It is very important to shower after exercise,” Dr. Wassef says. “Sweating can predispose you to developing acne or folliculitis.” So if you exercise at 8 a.m., it’s best to take a shower right afterward. Prefer to work out after work? You may end up bathing in the early evening.

“Many people do not wash off gym equipment before use and this allows for the spread of bacterial infections like staphylococcus aureus, ringworm or tinea corporis, or herpes just to name a few,” Dr. Wassef says. “Washing immediately after exercise or use of equipment can decrease the likelihood of this happening.”

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### **You get dirty during the day.**

Whether you get dirty at work or enjoy “dirty” hobbies like gardening or fishing, Dr. Rodney says it’s a good idea to wash up afterward. “You don’t want those dirt and germs to settle in your bedsheets,” she says. In fact, she suggests showering as soon as you get home to wash off dirt and bacteria that may have ended up on your body from your day.

### **You have oily skin.**

If you have oily skin, you might be better off showering in the morning, according to Dr. Goldenberg. “Morning showers are helpful to remove overnight oil and sweat buildup, control shine, and prevent [acne](#),” he says. Still, he says that night showers also work well for removing dirt, oil, and pollutants that get on your skin from the day. “Folks with oily skin may consider twice daily showers, especially if they are in a hot and humid climate,” Dr. Goldenberg says.

## **The basics of good showering should stay the same regardless of when you do it.**

Dermatologist recommend keeping a few tips in mind when you shower:

- **Keep it quick-*ish*.** Under 10 minutes is ideal, according to Dr. Wassef.
- **Consider fragrance-free products.** Shower gels and soaps without fragrance can irritate your skin, Dr. Rodney points out. So avoid scents when you can.
- **Limit heat.** Lukewarm water is best. “Steaming hot showers can really dry out the skin,” Dr. Wassef says.
- **Skip the loofah.** Shower poufs can house bacteria and fungi, and may even be irritating to your skin, Dr. Wassef says.
- **Pat yourself dry.** Don’t rub yourself dry, per Dr. Goldenberg. Patting will help your skin retain some moisture, he explains.
- **Apply moisturizer soon out of the shower.** Ideally this would be within the first two minutes after you’re dry, Dr. Wassef says. “Your skin will absorb it best during this time,” she adds.

Ultimately, the right time to shower comes down to your own needs. “It’s really a personal decision, while the above factors should also be considered,” Dr. Goldenberg says.

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