

2026-02-26

YAHOO (Originally SELF) by Korin Miller

When's the Best Time to Shower: Morning or Night?

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.

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