

[The Best Time of Day to Day Trade Stocks](#)



Posted in [Articles](#), [Trading Techniques](#) by raaiden
September 12th, 2008 - [3 Comments](#)

If you're a day trader there are certain times in the day that give you the highest probability trade as demonstrated with the two charts below. The first is 30 after the market opens, if there is a reversal in trend it will most likely happen here.

The second is at 12pm EST, this is when traders go to lunch in NY so the market will slow down, trade sideways or trend down. The 3rd reversal point is at 1:30pm and you can see from the charts below they turn exactly at this time. These patterns are not written in stone but they happen very often.





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1. **LT** said:

September 17, 2008 at 2:32 pm

what about after-after hours? when news sometimes comes out, and the pop is seen at the next open (which I guess is similar to at the open, but if you can get your trades in the night before, then you can just sit back and wait instead of frantically trying to get your trades in!)?

2. [stock trading](#) said:

September 9, 2009 at 3:32 am

I usually get the best trades an hour before lunch and two hours after. As all investors say, time is an ally in stock trading and I usually get the best of it.

3. [trade stocks](#) said:

November 18, 2009 at 5:01 pm

Thanks for this great article. I have been searching Google for article like this about stock trading. Very informative..Thanks again