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## Best Time to Trade Cryptocurrencies – Analyzing Volatility Across the Week

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The **crypto market** operates **24 hours a day, 7 days a week**. However, price volatility varies depending on trader activity during different hours and days.

Several factors, such as overlapping sessions of global markets or the daily candle close time, influence trading volume in the **cryptocurrency hours**.



Choosing the best time to trade cryptocurrencies

### Difference Between Crypto Market Hours and Other Markets

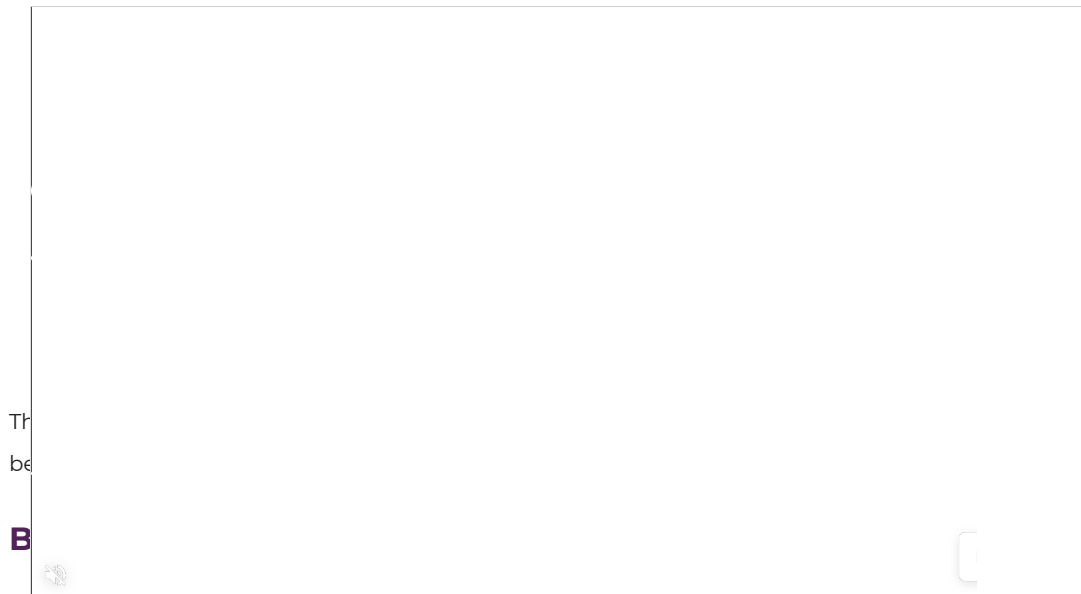
Traditional markets such as **Forex market** are only active during business days. In contrast, **crypto hours** are continuous, with trading possible at **any time**.

Despite its uninterrupted nature, the **crypto market hours** show varying levels of activity depending on factors such as liquidity, **market sentiment**, and major news events.

## Peak Trading Hours in the Crypto Market

**Cryptocurrency trading volume** tends to surge in parallel with global market hours. **Most of crypto transactions** take place between **Monday** and **Friday**, aligning with the business days of other global markets.

During the day, **trading volume** typically increases during major trading sessions.



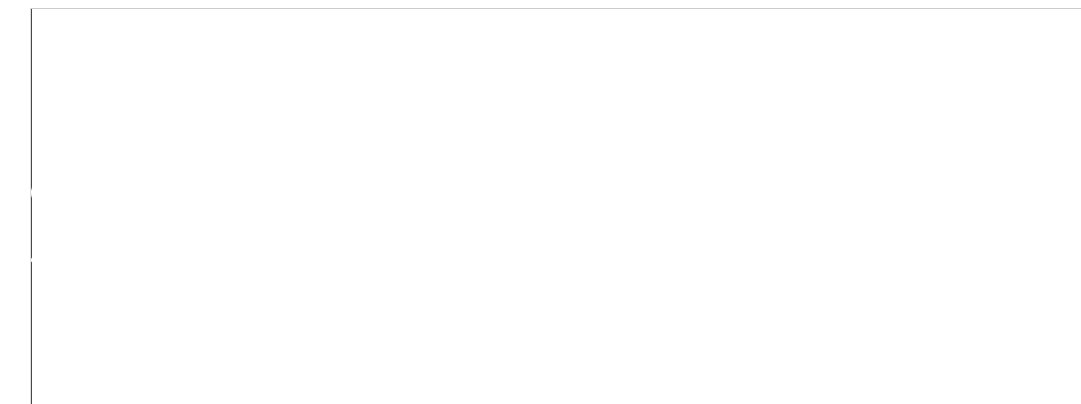
To determine the best time for **crypto trading**, it's essential to first define your trade duration.

The importance of choosing the right **cryptocurrency hours** depends on whether the trade is **short-term** or **long-term**.

### Best Time for Short-Term Crypto Trading

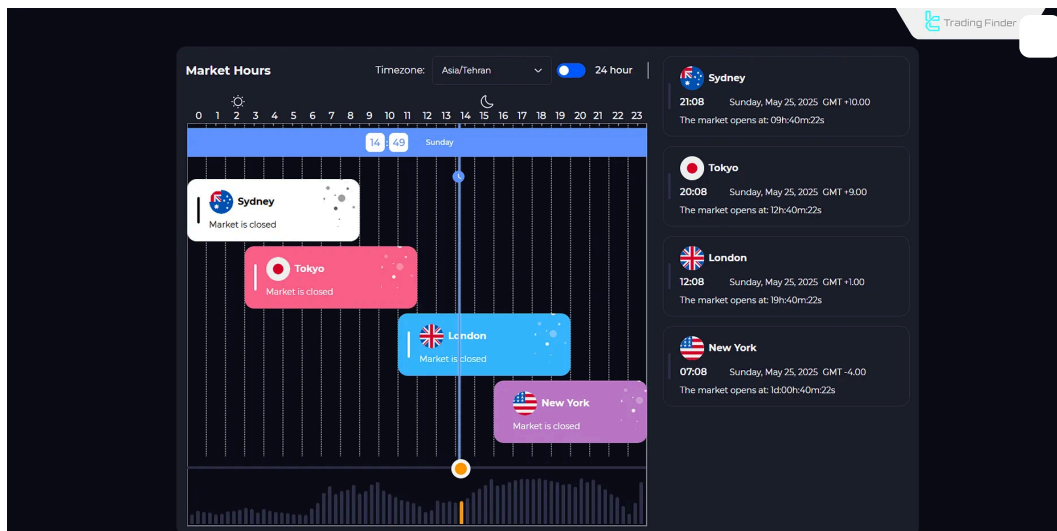
For **short-term trades**, factors like volatility and liquidity play a critical role. It's preferable to trade during hours when **the market is at peak** liquidity and volatility.

Usually, this happens during the **overlap of the London and New York sessions**, which marks the most active period for crypto trading.



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**Note:** You can track trading sessions using a [session indicator tool](#).



Highest trading volume occurs during the overlap of the London and New York sessions

On **weekends** (Saturday and Sunday), when global markets are closed, volatility decreases, providing a calmer **environment** for novice traders.

### Best Time for Long-Term Crypto Trading

In **long-term strategies**, timing analysis is less critical compared to short-term trades. Instead, **fundamental analysis** and **technical analysis** become more significant.

Still, due to the cyclical nature of **crypto market hours**, it's possible to identify patterns such as **Classic Patterns** for long-term entries.

Learn more

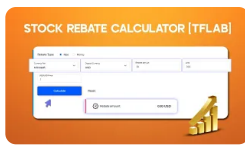
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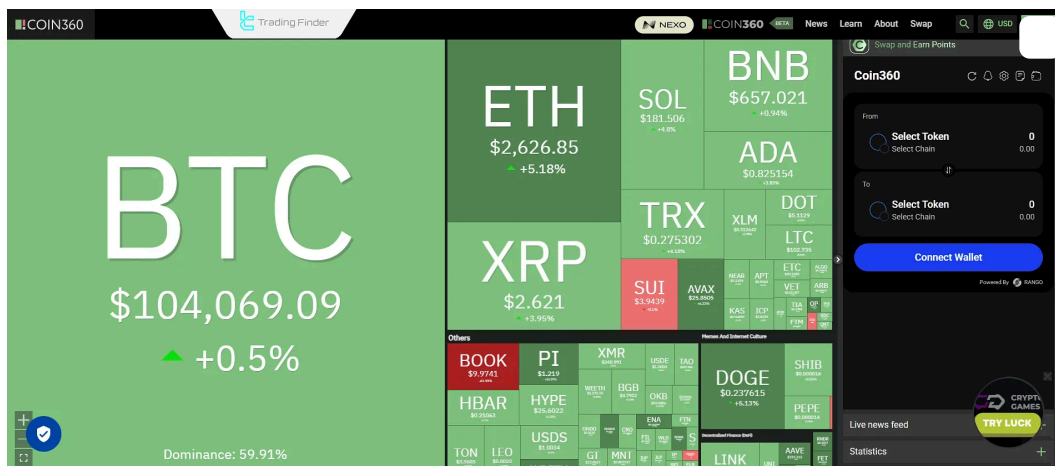
## Best Days of the Week to Trade Cryptocurrencies

In general, identifying the best **crypto market hours** involves analyzing volume, volatility, and liquidity. Typically, **Mondays and Tuesdays** see higher trading volume than other days.

For example, **on Fridays**, a significant economic report like **Non-Farm Payrolls (NFP)** may be released, directly impacting volatility and volume.

## Best Time to Trade Altcoins

Since Bitcoin (BTC) dominates the **crypto market**, its trading volume usually surpasses the altcoins.



Analyzing crypto market dominance on coin360.com

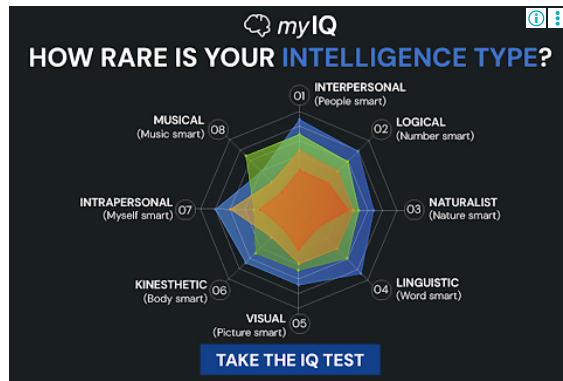
However, during **Altseason**, this changes. **Traders shift focus** to altcoins, significantly **increasing their trading volume**.

This increase in volume and volatility during Altseason, creates favorable conditions for **trading altcoins**.

## Using Fear and Greed Index to Find the Best Time to Trade

Trader **sentiment**, especially **fear and greed**, greatly influences market volume. Higher greed typically leads to increased trading volume and more active markets.

Interestingly, **during periods of intensified fear**, volume may also increase.



To measure fear and greed in the **cryptocurrency market**, use the [TradingFinder Fear & Greed tool](#).

## Why Choosing the Right Time Matters in Crypto Trading

Trading volume directly affects how analyzable a price chart is. By choosing the optimal [crypto hours](#), you can reduce trading risks and improve your **win rate**.

Although the [crypto market hours](#) are always open, analytical methods don't work equally well at all times. Poor timing in analysis can lead to inaccurate predictions and unsuccessful trades.

## Conclusion

The **crypto market** is open **24/7**, including weekends. Finding the best **cryptocurrency hours** to trade depends on various factors like trading volume and global market activity.

The **higher** the **volume**, the better the price chart reflects market behavior, making analysis more accurate.

## FAQs

What are the working hours of the crypto market? ∨

The **crypto market** operates **24 hours a day, 7 days a week**, without any **holidays**.

Is crypto market volatility affected by other financial markets? ∨

Yes, traders often participate in multiple markets simultaneously, so volume tends to shift across **markets at the same time**.

When is the best time for short-term crypto trading? ∨

During the **overlap of the New York and London sessions**.

Is choosing the right hour important for long-term trading? ∨

No, long-term trades rely more on **technical** and **fundamental** analysis.

When is the best time to trade altcoins? ∨

During **Altseason**, when altcoin trading volume spikes.

How is the Fear and Greed Index related to crypto hours? ∨

It directly impacts trading volume. By analyzing this index, you can identify favorable times for **trading**.

Why is timing crucial in crypto trading? ∨

Accurate timing reduces risk and improves synchronization with broader financial markets.

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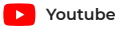



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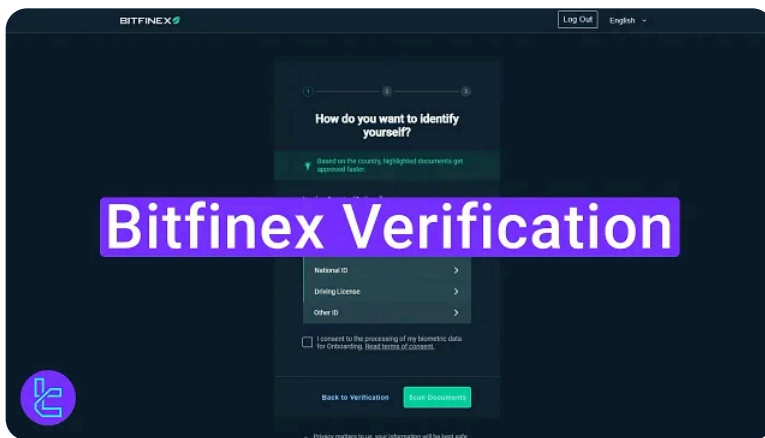
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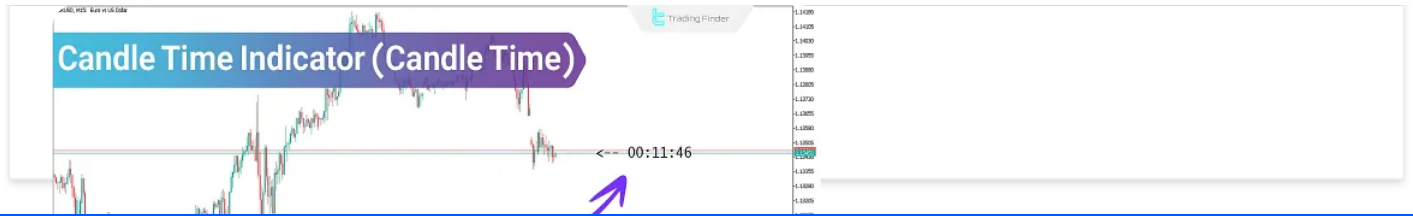
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