

# How can I convert a UNIX timestamp to a date in Excel?

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## RECOMMENDED CITATION

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PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=147235>

To convert a UNIX timestamp to a date in Excel, follow these steps:

1. In an empty cell, enter the UNIX timestamp that you want to convert.
2. Right-click on the cell and select "Format Cells" from the drop-down menu.
3. In the Format Cells window, go to the "Number" tab and select "Custom" from the Category section.
4. In the "Type" field, enter the following code: "yyyy-mm-dd hh:mm:ss" and click "OK."
5. The cell will now display the date and time corresponding to the UNIX timestamp.

This method works because Excel stores dates and times as serial numbers, with January 1, 1900 being the first day represented as 1. A UNIX timestamp, on the other hand, is the number of seconds that have elapsed since January 1, 1970. By formatting the cell as a custom date and time, Excel is able to convert the UNIX timestamp into a recognizable date and time format.

## Excel: Convert UNIX Timestamp to Date

**A UNIX timestamp represents the number of seconds that have passed since January 1, 1970.**

**You can use the following formulas in Excel to convert a UNIX timestamp to a recognizable date:**

### Method 1: Convert Timestamp to Date (e.g. 3/29/2022)

**=INT(((A2/60)/60)/24)+DATE(1970,1,1)**

### Method 2: Convert Timestamp to Date with Time (e.g. 03/29/2022 14:50:00)

**=A2/86400+25569**

You then must use the Number Format option to specify mm/dd/yyyy hh:mm:ss as the format.

Both formulas assume that the UNIX timestamp is located in cell A2.

The following example shows how to use each formula in practice with the following column of timestamps in Excel:

	A	B	C	D	E
1	<b>Timestamp</b>				
2	1648565400				
3	1589923203				
4	1602329845				
5	1389923293				
6	1492323890				
7	1289823238				
8	1298232377				
9	1478855549				
10	1238989823				
11					
12					
13					
14					
15					
16					
17					
18					

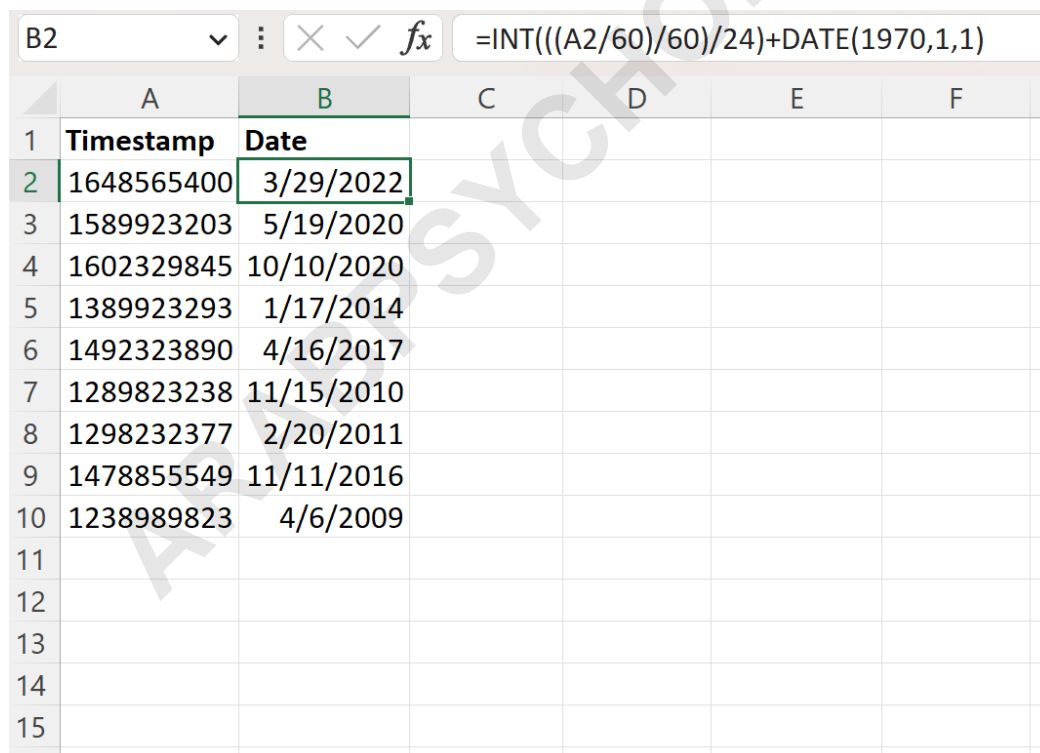
## Example 1: Convert UNIX Timestamp to Date in Excel

Suppose we would like to convert each timestamp in column A into a date in column B.

To do so, we can type the following formula into cell B2:

**=INT(((A2/60)/60)/24)+DATE(1970,1,1)**

We can then click and drag this formula down to each remaining cell in column B:



	A	B	C	D	E	F
1	Timestamp	Date				
2	1648565400	3/29/2022				
3	1589923203	5/19/2020				
4	1602329845	10/10/2020				
5	1389923293	1/17/2014				
6	1492323890	4/16/2017				
7	1289823238	11/15/2010				
8	1298232377	2/20/2011				
9	1478855549	11/11/2016				
10	1238989823	4/6/2009				
11						
12						
13						
14						
15						

Column B now displays each UNIX timestamp from column A as a recognizable date.

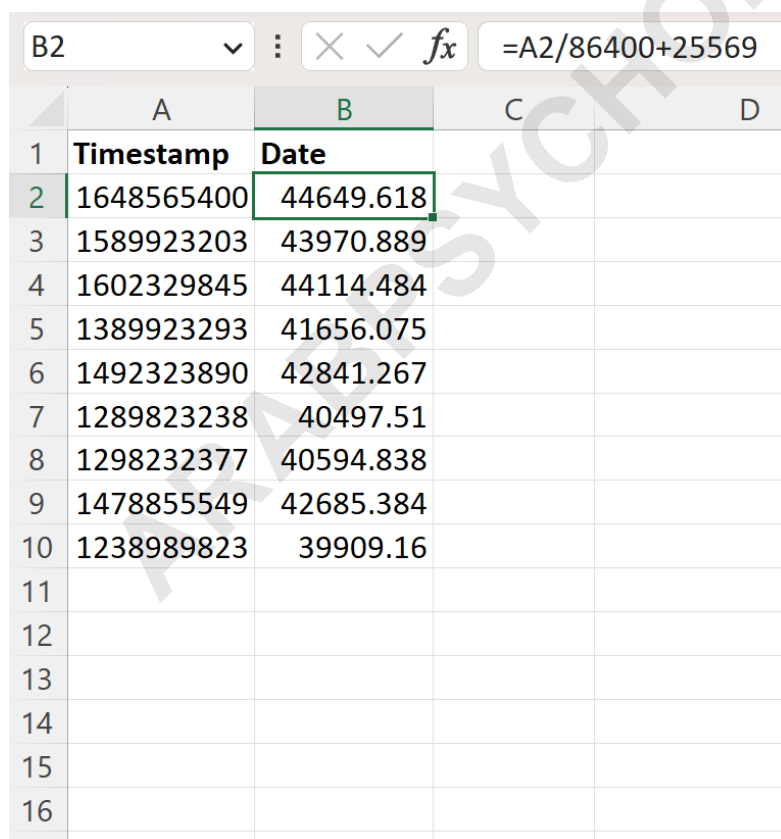
## Example 2: Convert UNIX Timestamp to Date with Time in Excel

Suppose we would like to convert each timestamp in column A into a date with a time in column B.

To do so, we can type the following formula into cell B2:

**=A2/86400+25569**

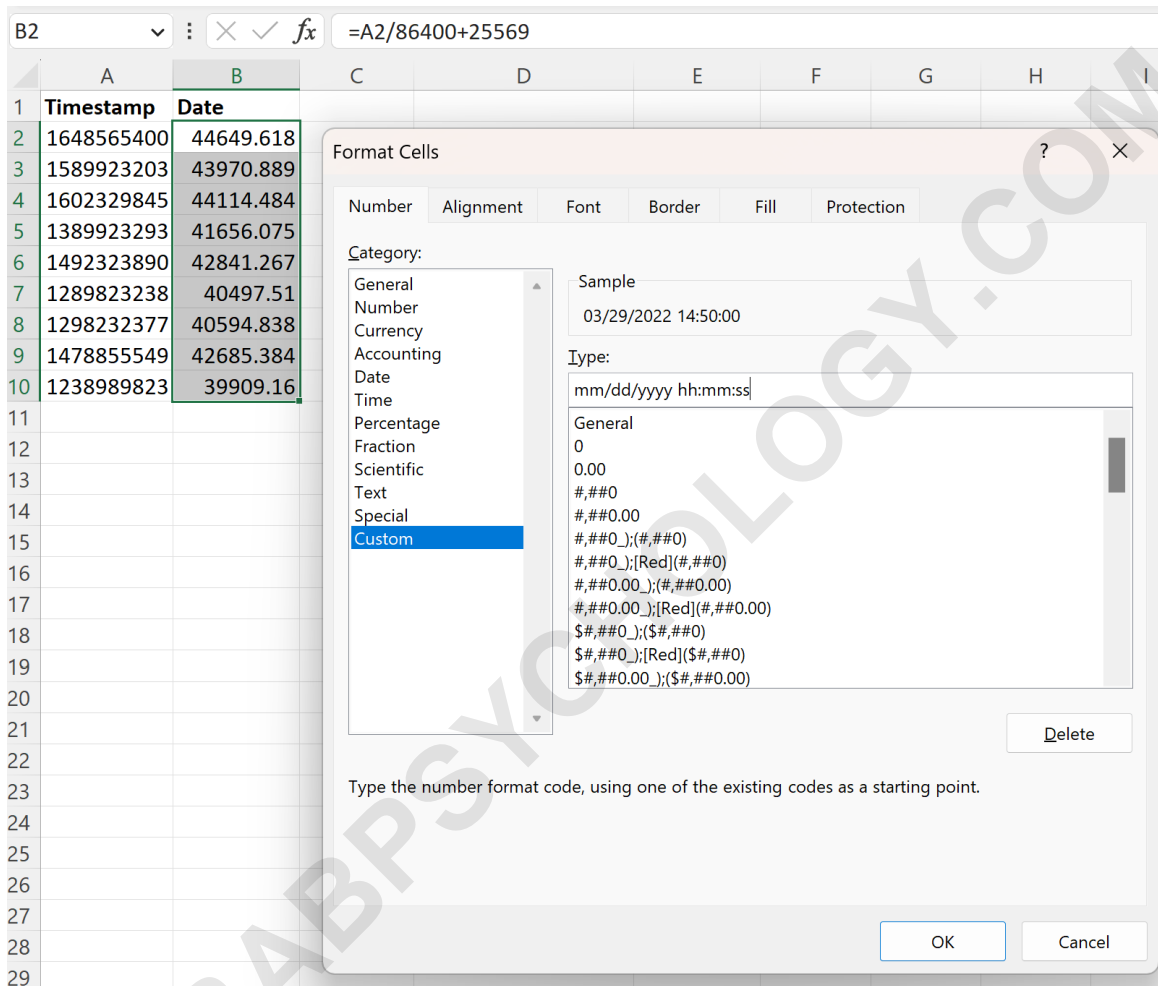
We can then click and drag this formula down to each remaining cell in column B:



	A	B	C	D
1	<b>Timestamp</b>	<b>Date</b>		
2	1648565400	44649.618		
3	1589923203	43970.889		
4	1602329845	44114.484		
5	1389923293	41656.075		
6	1492323890	42841.267		
7	1289823238	40497.51		
8	1298232377	40594.838		
9	1478855549	42685.384		
10	1238989823	39909.16		
11				
12				
13				
14				
15				
16				

Next, highlight the cell range B2:B10, then click the tiny

arrow in the bottom right corner of the Number group on the Home tab, then choose Custom as the Category, then type mm/dd/yyyy hh:mm:ss as the Type:



The screenshot shows an Excel spreadsheet with two columns: 'Timestamp' (A) and 'Date' (B). The 'Date' column contains the converted dates for each timestamp. A 'Format Cells' dialog box is open, showing the 'Custom' category selected and the type 'mm/dd/yyyy hh:mm:ss' entered. The dialog box also shows a list of categories and a 'Delete' button.

Timestamp	Date
1648565400	44649.618
1589923203	43970.889
1602329845	44114.484
1389923293	41656.075
1492323890	42841.267
1289823238	40497.51
1298232377	40594.838
1478855549	42685.384
1238989823	39909.16

Once you click OK, column B now displays each UNIX timestamp from column A as a date with the hours, minutes and seconds:

	A	B	C	D
1	<b>Timestamp</b>	<b>Date</b>		
2	1648565400	03/29/2022 14:50:00		
3	1589923203	05/19/2020 21:20:03		
4	1602329845	10/10/2020 11:37:25		
5	1389923293	01/17/2014 01:48:13		
6	1492323890	04/16/2017 06:24:50		
7	1289823238	11/15/2010 12:13:58		
8	1298232377	02/20/2011 20:06:17		
9	1478855549	11/11/2016 09:12:29		
10	1238989823	04/06/2009 03:50:23		
11				
12				
13				
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18				

**The following tutorials explain how to perform other common tasks in Excel:**