

How do I convert a timestamp to a date in Google Sheets?

Authored by
stats writer

June 30, 2024

RECOMMENDED CITATION

stats writer (2024). *How do I convert a timestamp to a date in Google Sheets?*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=160923>

Converting a timestamp to a date in Google Sheets is a simple process that involves using the built-in functions available in the program. A timestamp is a numeric value that represents a specific date and time, while a date is a specific day within a calendar. To convert a timestamp to a date in Google Sheets, one can use the "DATE" function which allows for the conversion of a timestamp to a date format. This function takes in three arguments: the year, month, and day that make up the timestamp. By inputting these values, the function will automatically convert the timestamp to a recognizable date format. This feature is useful for organizing and analyzing data that contains both timestamps and dates, making it easier to track and interpret information accurately.

Convert Timestamp to Date in Google Sheets

You can use the following formulas in Google Sheets to quickly convert a timestamp to a date.

Formula 1: Use DATEVALUE

```
=TO_DATE(DATEVALUE(A1))
```

Formula 2: Use INT

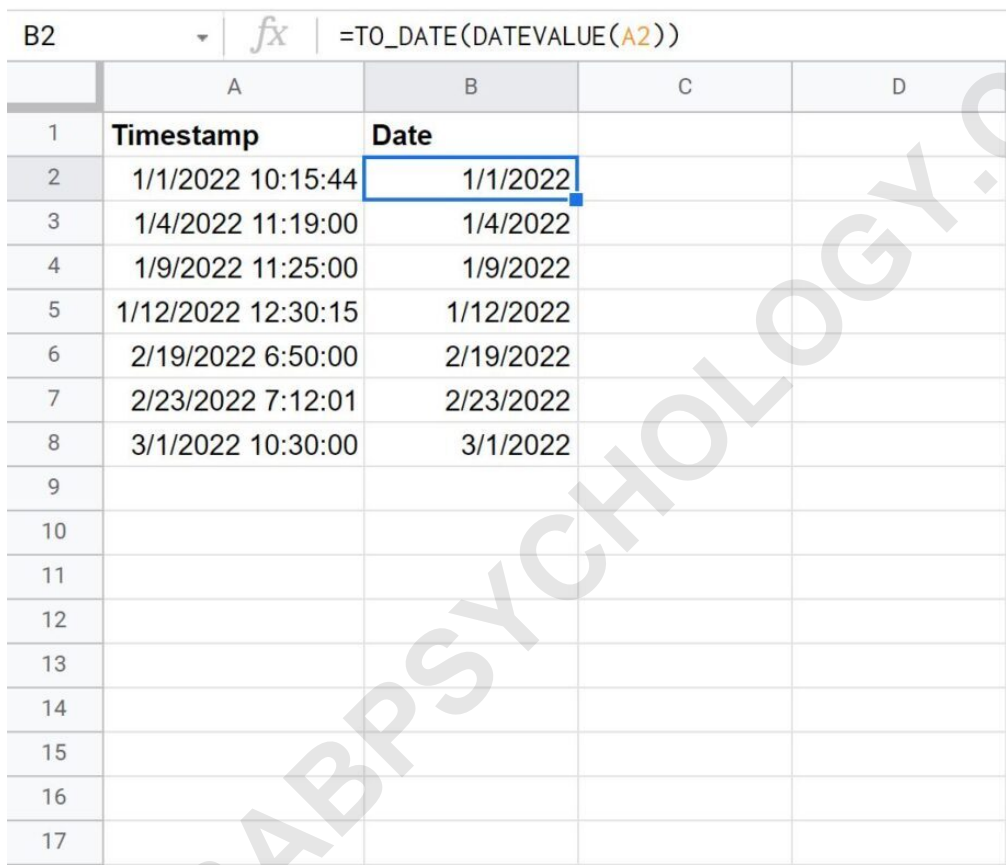
```
=TO_DATE(INT(A1))
```

Both formulas convert the timestamp in cell A1 to a date.

The following examples show how to use these formulas in practice.

Example 1: Convert Timestamp to Date Using DATEVALUE

The following screenshot shows how to use the DATEVALUE function to convert the timestamp values in column A to date values in column B:



The screenshot shows a Google Sheet with the following data:

	A	B	C	D
1	Timestamp	Date		
2	1/1/2022 10:15:44	1/1/2022		
3	1/4/2022 11:19:00	1/4/2022		
4	1/9/2022 11:25:00	1/9/2022		
5	1/12/2022 12:30:15	1/12/2022		
6	2/19/2022 6:50:00	2/19/2022		
7	2/23/2022 7:12:01	2/23/2022		
8	3/1/2022 10:30:00	3/1/2022		
9				
10				
11				
12				
13				
14				
15				
16				
17				

The formula bar at the top shows the formula: `=TO_DATE(DATEVALUE(A2))`

Notice that only the date is shown in column B and the time has been removed.

Example 2: Convert Timestamp to Date Using INT

The following screenshot shows how to use the INT function to convert the timestamp values in column A to

date values in column B:

B2 `=TO_DATE(INT(A2))`

	A	B	C	D
1	Timestamp	Date		
2	1/1/2022 10:15:44	1/1/2022		
3	1/4/2022 11:19:00	1/4/2022		
4	1/9/2022 11:25:00	1/9/2022		
5	1/12/2022 12:30:15	1/12/2022		
6	2/19/2022 6:50:00	2/19/2022		
7	2/23/2022 7:12:01	2/23/2022		
8	3/1/2022 10:30:00	3/1/2022		
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				

Notice that only the date is shown in column B and the time has been removed.

Also notice that this formula returns the exact same results as the previous formula.

Additional Resources