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Morning-after texts are best for first dates – 12th February 2026

Level 0

First dates can be romantic. Many people don't know when to send a text after the date. Scientists studied this. The researchers found the best time to send a text is the morning after the date. This shows you are happy. It shows you want a second date. Waiting too long could send the message you do not want another date.

In the study, 500 people had to imagine a first date at an Italian restaurant. They then thought about how much they wanted a second date. This depended on when they got a text. The researchers said a follow-up text the next morning was best. This is because it shows the sender had a good time.

Level 1

First dates can be romantic. Many people don't know when the best time is to send a text after the first date. Scientists in Germany studied the best time. They asked 500 people about this and published their findings in a journal. The researchers found the best time is the morning after the date. This shows you are happy and want a second date. The researchers said waiting too long could send the message you do not want another date.

In the study, people had to imagine a first date at an Italian restaurant. They then decided how much they wanted a second date. This depended on how long after the date the text was sent. The researchers said a follow-up text the next morning was best. The Psychology Today website wrote: "A next-morning text shows you're interested and had a good time." The study only looked at texting and not phone calls.

Level 2

First dates can be romantic. However, many people wonder when the best time is to contact their partner after a first date. Scientists at a university in Germany studied the best time. They asked 500 people about this and published their findings in the Journal of Social and Personal Relationships. The researchers found the best time to text is the morning after the date. This shows you are happy and are interested in a second date. The researchers said waiting too long could send the wrong message. The other person might think you are not interested in going on more dates.

In the study, participants had to imagine an enjoyable first date at an Italian restaurant. They then had to rate how much they wanted a second date. This depended on how long after the date the text was sent. The researchers said a follow-up text the morning after the date made people want to take the relationship further. The Psychology Today website agreed. It wrote: "A next-morning text shows you're interested and had a good time." The study only looked at texting. It did not look into the traditional method of communication — phone calls.

Level 3

First dates can be romantic and the start of a beautiful relationship. However, many people wonder when the best time is to contact their partner after that first meeting. Scientists studied the best time to send a text after a first date. Researchers at Leuphana University in Germany asked 500 people about this matter and published their findings in the Journal of Social and Personal Relationships. The researchers found the best time to text is the morning after the date. This shows the other person you are happy and are interested in a second date. They said waiting too long could be a mistake because it sends the wrong message that you are not interested.

The study involved asking the test participants to imagine having an enjoyable first date at a nice Italian restaurant. They then had to rate how much they wanted a second meeting, depending on when they received a text from their date. They had to decide whether being texted the next morning or two days later made them feel happiest. The researchers said a follow-up text the morning after the date made people want to take the relationship further. The Psychology Today website agreed and wrote: "A next-morning text shows you're interested and had a good time." The study looked at texting - the more modern method of communication. It did not look into traditional phone calls.