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You can log into Instagram on a computer or mobile device in a few steps. Photothek/Getty Images This story is available exclusively to Business Insider subscribers. Become an Insider and start reading now. You can log into your Instagram account as long as you have your username, email address, or phone number associated with the account. If you lose or forget your password, you can request a password reset on the login page. If you want to log into Instagram using Facebook, you can connect the two accounts using the Settings menu on the mobile app. If you have an Instagram account, you can log into it from any device — your phone, tablet or a browser on your computer. All you need are your login credentials, such as your Instagram username or the phone number or email address associated with the account, along with your password. It's also possible to log in via Facebook, if you've connected the accounts. Here's what you need to log in on any device. How to log into Instagram on a mobile device Logging into your Instagram account on a smartphone or tablet is the same regardless of whether you are using the Instagram app on an iOS or Android device. In general, Instagram allows you to log in using your Instagram username or the phone number or email address associated with the account — so enter any one of those three items. After that, enter your password and tap Log In. You need your Instagram username, email or phone number to log in. Dave Johnson How to log into Instagram on a computer It doesn't matter whether you're logging into Instagram on a Mac or PC — the process is the same. Open Instagram.com in a web browser and then enter your Instagram username or the phone number or email address associated with the account. After that, enter your password and tap Log In. You can log into Instagram in a web browser on your PC or Mac. Dave Johnson How to log into Instagram using Facebook If you link your Instagram account with Facebook, not only can you easily share your Instagram posts on Facebook, but you can use your Facebook credentials as an easy way to log into Instagram as well. To link your Facebook and Instagram accounts, open the Instagram app on your mobile device, tap the three-bar menu and tap Settings. In the Account section, go to Sharing to Other Apps and connect Instagram to your Facebook account. Connect your Facebook account with Instagram if you want to be able to log in without remembering your Instagram credentials. Dave Johnson After you connect these two accounts, you can log into Instagram using Facebook — on the login page, you can click Log in with Facebook. What to do if you can't log into Instagram If you've lost or forgotten the password, you may need to reset it. The process is essentially the same no matter if you have an iPhone, Android device or you're using a web browser on a computer: 1. On the login screen, under the username and password fields, tap Get help logging in (if you're using an Android phone) or Forgot password? (on iOS or a browser). 2. Enter your email address, phone number or username and tap Next (if you are using Android) or Send Login Link (in a web browser). If you're on an iPhone, choose which tab you want to use — Username or Phone — and enter the credential associated with your account, then tap Next. 3. You'll get a message with instructions to reset your password. It's also possible you might not remember the username or other information associated with your account, or you might be entering it wrong. Here are some things to try: Make sure you are spelling the username or email address correctly. Don't include an @ symbol when entering a username. Ask someone else who can see your profile page to take a screenshot or write down the username for you. Dave Johnson Freelance Writer If you have an Instagram account, you can log into it from any device - your phone, tablet or a browser on your computer. All you need are your login credentials, such as your Instagram username or the phone number or email address associated with the account, along with your password. It's also possible to log in via Facebook, if you've connected the accounts. Here's what you need to log in on any device. Logging into your Instagram account on a smartphone or tablet is the same regardless of whether you are using the Instagram app on an iOS or Android device. In general, Instagram allows you to log in using your Instagram username or the phone number or email address associated with the account - so enter any one of those three items. After that, enter your password and tap Log In. It doesn't matter whether you're logging into Instagram on a Mac or PC - the process is the same. Open Instagram.com in a web browser and then enter your Instagram username or the phone number or email address associated with the account. After that, enter your password and tap Log In. If you link your Instagram account with Facebook, not only can you easily share your Instagram posts on Facebook, but you can use your Facebook credentials as an easy way to log into Instagram as well. To link your Facebook and Instagram accounts, open the Instagram app on your mobile device, tap the three-bar menu and tap Settings. In the Account section, go to Sharing to Other Apps and connect Instagram to your Facebook account. After you connect these two accounts, you can log into Instagram using Facebook - on the login page, you can click Log in with Facebook. If you've lost or forgotten the password, you may need to reset it. The process is essentially the same no matter if you have an iPhone, Android device or you're using a web browser on a computer: 1. On the login screen, under the username and password fields, tap Get help logging in (if you're using an Android phone) or Forgot password? (on iOS or a browser). 2. Enter your email address, phone number or username and tap Next (if you are using Android) or Send Login Link (in a web browser). If you're on an iPhone, choose which tab you want to use - Username or Phone - and enter the credential associated with your account, then tap Next. 3. You'll get a message with instructions to reset your password. It's also possible you might not remember the username or other information associated with your account, or you might be entering it wrong. Here are some things to try: Make sure you are spelling the username or email address correctly. Don't include an @ symbol when entering a username. Ask someone else who can see your profile page to take a screenshot or write down the username for you. 1 Go to in a web browser. You can use Google Chrome, Safari, Mozilla Firefox, or another browser. This will open the login screen. If you're signed into someone else's account, click ☰ in the bottom-left corner and click "Log out" to sign out. 2 Enter your login information. You'll need your phone number, username, or email and your password to log in to Instagram on your PC or Mac.[1] If needed, you can reset your password. Advertisement 3 Click Log in. This is the blue button. You'll be logged into your Instagram account. Advertisement Add New Question Question Is there any way to access my Instagram account via Google login? Unfortunately no. Meta (the company behind Instagram and Facebook) only allows their users to log in to Instagram either using their registered email and password, or through their Facebook account. Ask a Question Advertisement 1 Reviewed by: Social Media Marketing Expert This article was reviewed by Anyah Le Gilmore-Jones and by wikiHow staff writer, Rain Kenngly. Anyah Gilmore-Jones is a Social Media Marketing Expert based in Nashville, Tennessee. An innovative experiential and social media marketer, Anyah is skilled at creating engaging brand experiences and leverages her passion for connecting people and ideas to drive organic growth for purpose-driven brands. As the founder of GROW by Gilmore, a social media strategy company, Anyah develops data-driven social media strategies focused on authentic community building. She has over 4 years of experience spearheading viral campaigns and producing content for brands like HBCU Buzz, Black & Scholar, SHEIN, and Project Art Collective. She received her BA from Howard University in Political Science and Government. This article has been viewed 359,024 times. Co-authors: 7 Updated: August 21, 2024 Views: 359,024 Categories: Instagram Accounts Print Send fan mail to authors Thanks to all authors for creating a page that has been read 359,024 times. Are you having trouble logging in to Instagram?Don't worry! You don't need to call Meta HQ if you can't access your Instagram account.Follow these steps to solve your Instagram login problems from the mobile app, website, or via Facebook.Let's go!The Instagram mobile app is free to download and allows you to utilize all of the network's features and capabilities.Before logging in, you need to have the app downloaded on your device, smartphone or tablet. You can get the app for Android or iOS.Once you've downloaded it, you just have to click on the app to open it.To log in to Instagram, you have to use your email address, username or phone number and your password.If you haven't created an account yet, you need to sign up.Create your Instagram account hereNow you're in! Time to start liking, following, and interacting with content on the app.You can also access your Instagram account via the web version, however, it should be noted that not all of Instagram's features are available on the online version.To sign in to Instagram from your computer, you don't need to download anything. You can start using it on Instagram Web,Just like the app, you can use several methods to log in: phone number, email address or username, along with your password.Once you're into Instagram, you can start using the social network.The online version of Instagram differs from the mobile app in some ways. In this post, you can see what you can do in the browser version and what you can't, compared with the app.Do you have a Facebook account and want to use it for Instagram?This way you can speed up your log-in time. Find out how.You can log in this way through the app or the browser version.From all the options available, 'Create New Account' and 'Log in with Your Details', click on the third option, 'Log in with Facebook'.Instagram will ask you to connect with your Facebook account. If you have already logged in, you will get in directly by allowing Instagram to access your Facebook account.If you haven't logged in, you'll need to log in to Facebook and then allow Instagram access.Now that you have linked your Instagram account to Facebook, you can start using it. Also, by logging in through Facebook, you can see which of your friends are also on Instagram. Sometimes logging in to your Instagram account isn't as simple as it seems. If you lose your password or username, you can run into issues connecting to the app. To resolve common issues, see these recently asked questions:If you are having trouble logging into your Instagram account, you can recover your account by clicking "Forgot Password?". You can recover your account by entering your username, phone number, email, or Facebook account. Once you click "Next" a link to reset your password will be sent to either your email or phone number.If you have forgotten your username, you can still log in using your email address or phone number to locate your username at the top of the page.If you are logged in to multiple Instagram accounts but want to log out of just one account, you don't need to log out of all accounts. To do this, head to the profile of the account you want to log out of. Click on the three line icon in the top right corner, and then click on Settings and privacy.Scroll all the way down on this page until you see Log out. By clicking this, an option to Log out of all accounts will appear. Here you can toggle on the account you want to log out of, and press Log out. You can select to save the login information for when you log back into the app.You can view a list of devices that have recently logged into your Instagram account if you believe someone else has logged into your account. To do this, head to your profile and click on the three-line icon in the top right corner. Then, select Settings and privacy and tap Account Center.Click on Password and security, and scroll down until you see the "Where you're logged in" tab. From here, you will see the recent devices that were used to log into your accounts.Now that you know more about logging into Instagram, you can start uploading content onto your profile: posts, stories, reels, etc.One way to keep your bases covered and not end up with no posts on your feed is to program your content so that it gets posted automatically. You can do this automatically, so you can always have content on the go while you get on with other tasks.If you want to become an IG pro, this Instagram Marketing Guide will help you get started! Want to become an Instagram pro?Content scheduling, advanced analytics and AI assistanceTake the stress out of growing your Instagram account with Metricool.

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