# INSTAGRAM USERNAME CHECKLIST

Turn your name, what you do and your city into username ideas that follow Instagram's rules, ready to try in the app.

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### HOW DO I PICK A GOOD INSTAGRAM USERNAME?

Keep it short, easy to say and close to your name, and add what you do or your city when the plain name is taken. Instagram allows up to 30 characters with letters, numbers, periods and underscores. The generator builds ideas from your own words that follow those rules; whether one is free shows when you try it in the app.

## WHAT INSTAGRAM ALLOWS

**Length**
Up to 30 characters.

**Characters**
Letters, numbers, periods and underscores.

**Periods**
Not at the start or the end, and never two in a row.

## PATTERNS THAT STAY SHORT AND FINDABLE

| Pattern | Example |
|---|---|
| Your name | mayacooks |
| Name with a period | maya.cooks |
| Name and what you do | mayabakes |
| Name and city | mayacooks.austin |
| A short word before the name | hellomaya |
| Brand ending | mayacooks.co |

## YOUR SHORTLIST

| Username | Easy to say? | Free in the app? |
|---|---|---|
| | | |
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## USE THE FREE USERNAME GENERATOR

1. **Type your name.** Add what you do and your city if you want ideas for when the plain name is taken.
2. **Pick the account type.** Brand, creator or local business. The endings change with it.
3. **Try it in the app.** Copy a favorite and type it in Instagram's Edit profile, which tells you if it is free.

## QUESTIONS PEOPLE ASK

**What characters can an Instagram username have?**

Letters, numbers, periods and underscores, up to 30 characters. A period cannot start or end the name or appear twice in a row, and every idea here follows that.

**Can the tool check if a username is available?**

No. Instagram does not share that with other tools. Type the idea in Edit profile and the app tells you at once.

**Should my username match my name?**

As closely as you can. People search for your name, and a handle that matches it is easier to find, say and remember.


### DO IT IN SECONDS, FREE

Free in your ChatinFlow account: the Username Generator, every other free tool and the automations that answer your DMs.

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