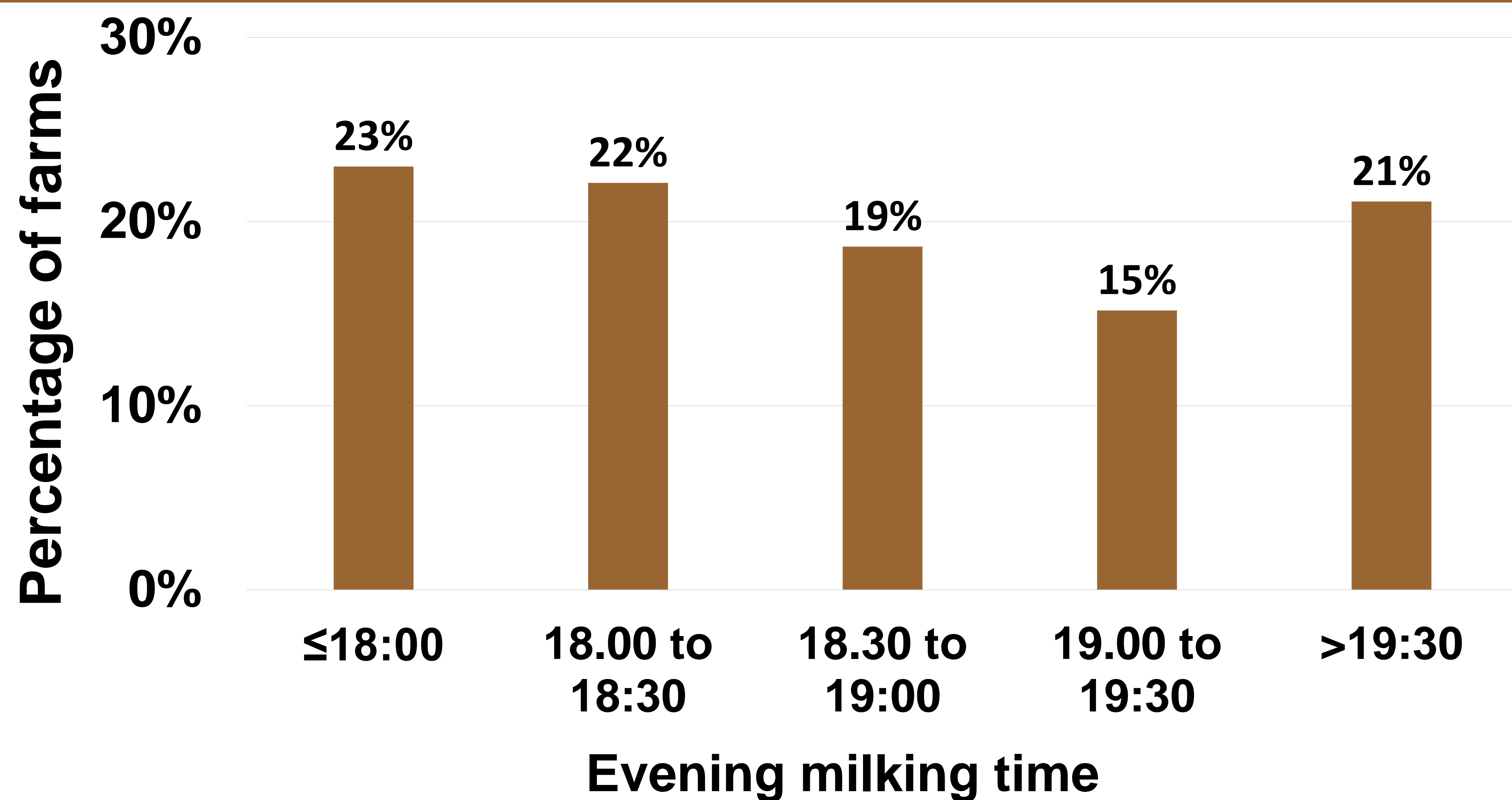


# Benefits of 16:8 milking interval

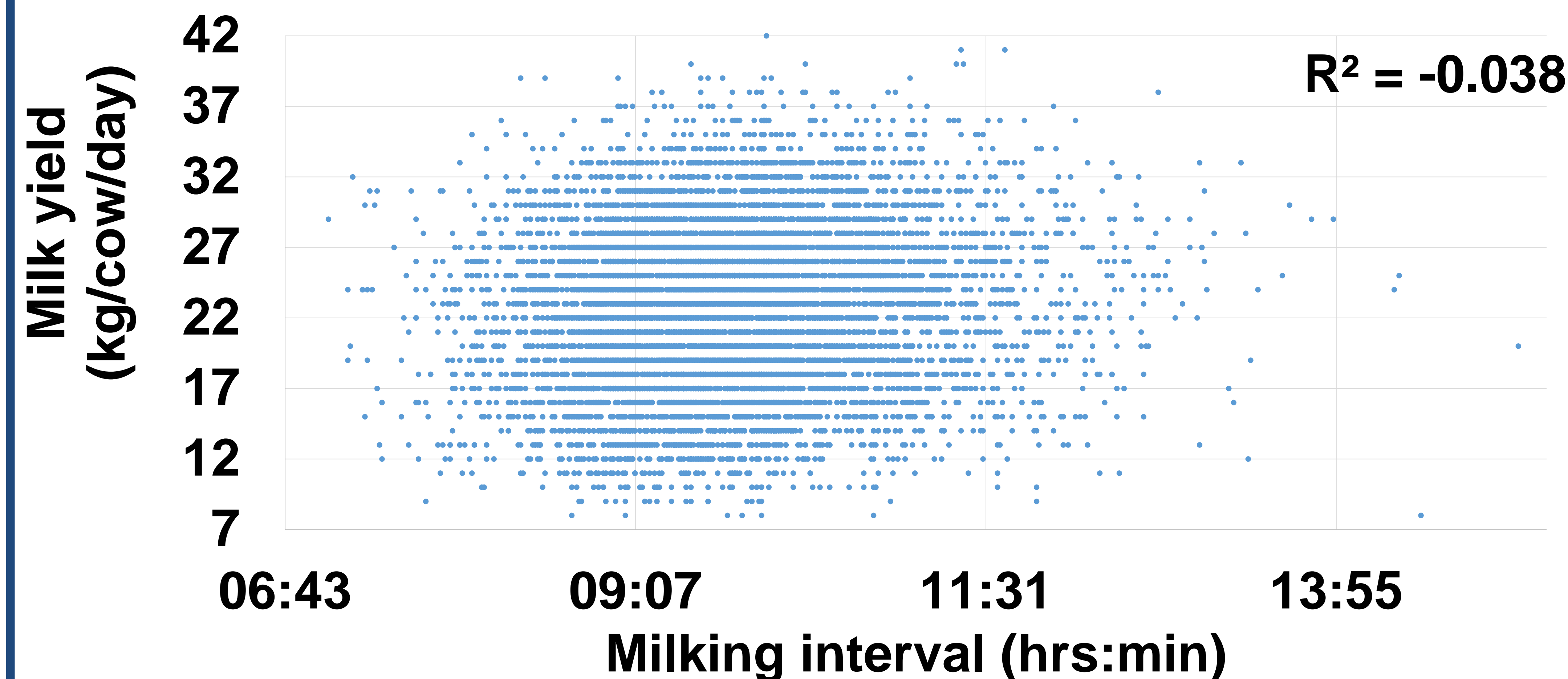
**AIM:** To investigate the relationship between milking interval and daily yield

**DATA:** 8,870 milk recordings from 2,366 farms  
(Progressive Genetics)

## Number of farms by evening milking start time



## Relationship between milking interval and milk yield (kg/day)



## Take home messages

- Milking interval of 16:8 does not affect milk yield
- Milking interval affects evening milking finish time
- Milk early in the evening and then choose how to spend your evening