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A spinning star

The Sun is not solid, so it does not have one official length of day. This sheet keeps each official figure on its own line.

"Measuring a 'day' on the Sun is complicated," NASA Science says, because the plasma "rotates at different speeds on different parts of the Sun."

The official figure	Official wording
Equator and poles	"At its equator, the Sun completes one rotation in 25 Earth days. At its poles, the Sun rotates once on its axis every 36 Earth days." Those are also the official Quick Facts figures for "Length of day."
At 16 degrees	The fact sheet's sidereal rotation period is 609.12 hours at 16 degrees latitude. The official note says the rate varies with latitude L as (14.37 − 2.33 $\sin^2$ L − 1.56 $\sin^4$ L) deg/day.
Tilt	Both official pages give 7.25 degrees: the fact sheet as obliquity to the ecliptic, NASA Science as the tilt "with respect to the plane of the planets' orbits."

A short quiz

1. How long, officially, is a day at the Sun's equator?
2. What period does the fact sheet adopt at 16 degrees latitude?
3. Do the two official pages agree on the tilt?

Answers. 25 Earth days. 609.12 hours. Yes — 7.25 degrees, in both official wordings.

Wording from NASA Science, "Sun: Facts," and the NASA / NSSDCA Sun Fact Sheet, re-checked 18 November 2026. sun.planets.im is independent of NASA and the NSSDCA. Typographic sheet: no photographs inside. Never look directly at the Sun without protecting your eyes.