TikTok vs Instagram Reels (vsdiff.com)

Feature	TikTok	Instagram Reels
Video Length	Up to 3 minutes	Up to 90 seconds
Editing Tools	Extensive filters, music, and effects	Basic features, music library
Algorithm	For You Page (FYP) based on user interest	Displayed in explore tab along with posts
Monetization Options	Creator Fund, brand partnerships	Brand collaborations, affiliate links
Target Audience	Primarily Gen Z and Millennials	Broader age demographics

Source: https://vsdiff.com/tiktok-vs-instagram-reels/