day

Non-SI unit of time, d = 86400 s. The day is not exactly defined in terms of the second since so-called leap seconds are added or subtracted from the day semiannually in order to keep the annual average occurrence of midnight at 24:00 on the clock.

Source:

Green Book, 2nd ed., p. 111 PAC, 1996, 68, 957 (Glossary of terms in quantities and units in Clinical Chemistry (IUPAC-IFCC Recommendations 1996)) on page 968