

UNMASKED

Can't Switch Off

*the 10-minute night reset
for an ADHD brain.*



KNOWLEDGE | VALIDATION | EMPOWERMENT

WHY THIS HAPPENS

Why your brain won't switch off

Mental noise at night doesn't always look dramatic. It can be the soft, persistent kind — the kind that doesn't feel like panic, just *presence*. A brain that won't go quiet.

IT USUALLY LOOKS LIKE

- Replaying conversations late at night.
- Remembering tasks the moment your head hits the pillow.
- Feeling behind before the day has even started.
- A to-do list that quietly grows in your head while you try to relax.
- Lying awake convinced you've forgotten something important — and not being able to name what.

THIS IS NOT LAZINESS OR WEAKNESS

Most brains naturally quiet background thoughts. ADHD brains often don't — there's a filtering gap. So everything stays loud, even when you desperately want it to stop. You don't have a discipline problem. You have a filter that doesn't engage on demand.

THE SYSTEM

The 10-minute reset

Night is not for solving everything. If your brain is replaying tasks, ideas, or unfinished loops, it isn't trying to torture you. It's trying to store them somewhere safe — and until you give it somewhere, it will keep handing them to you.

So instead of trying to *solve* anything, you do something gentler and far more effective: you **extract everything**.

THE THREE RULES

- 01 No organising.**
Don't categorise. Don't prioritise. Don't tidy. The point is the speed of the dump, not the quality.
- 02 No deciding.**
Don't commit to anything. Don't make plans. Don't promise yourself you'll do something tomorrow. Decisions are for daylight.
- 03 Just empty the tabs.**
Imagine your brain has thirty browser tabs open. The reset isn't about closing them thoughtfully. It's about closing them all and letting your laptop cool down.

THE GROUND RULE

Morning is for decisions. Night is for unloading. Once you accept that division, the night stops being a problem to solve and starts being the right time for the right task — emptying. Not fixing.

HOW TO DO IT

The actual ten minutes

You don't need an app. You don't need a journal. You need paper or your phone notes and a ten minute timer. That's it.

MINUTES 0–7 · DUMP

Set the timer. Write down anything that surfaces. Tasks. Worries. Unfinished thoughts. What someone said. What you forgot to reply to. The fear about Monday. The thing your child said that's still bothering you. **No filter. No spelling check. No order.** If it's in your head, it goes on the page.

MINUTES 7–9 · CLOSE

When the timer goes, stop. Don't re-read what you wrote. Don't sort it. Don't try to improve it. Close the notebook or the app. Out loud or in your head, say: *this is for tomorrow morning*.

MINUTE 10 · REST

Lights down. Phone away. The deal you just made with your brain is that you'll deal with this in the morning. Your only job now is to honour the deal — by not picking it back up.

WHY THIS WORKS

ADHD brains hold onto unresolved items as a protective behaviour — they're terrified of forgetting. The act of writing things down is what releases the brain from holding duty. You're not making a to-do list. You're giving your brain permission to let go.

IF IT DOESN'T QUITE LAND

When unloading isn't enough

Sometimes the dump quiets the noise. Sometimes you wake up and your brain is already loud again. That isn't a failure of the reset. It's a sign that **too much is coming in during the day** — not just too much being held at night.

ADHD brains don't only need an outlet. They need a system that reduces overload before it builds. That's what the rest of **Unmasked** is for:

- **The Daily Containment System** — the morning sort, the three non-negotiables, the close-the-day ritual.
- **The Brain Dump Method** — pre-formatted pages so you don't have to design the dump from scratch.
- **The Emergency Reset Cards** — for the moments mid-day when the volume jumps and you need a 60-second reset.
- **The 3 Non-Negotiables Planner** — the slow, structured day-by-day version of the same logic.

ONE LAST THING

You don't have to do this perfectly. You don't have to do it every night. The reset is a tool — not a test. The first night you use it and sleep an extra hour, it has already paid for itself.

— *ADHD in Women*

adhdinwomen.uk · hello@adhdinwomen.uk