MINDTHEORY

A CALMER MIND A BRIGHTER YOU

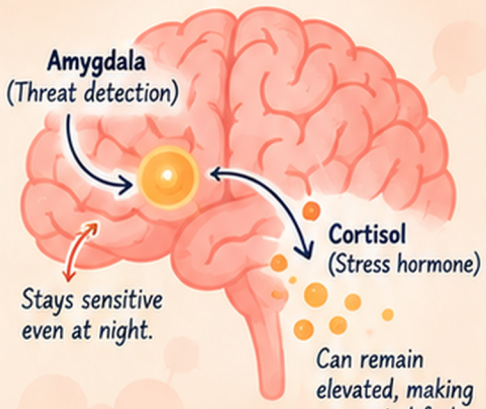
Why You Overthink at Night

A tired body, but a still-busy mind.



1 The Science of Hyperarousal

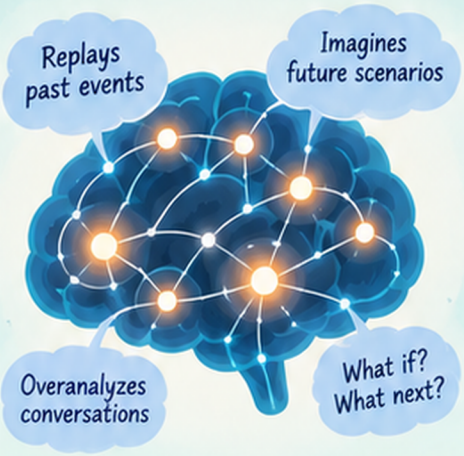
Your brain stays more alert at night.



Result: *A physically tired body, but a mentally alert brain.*

2 Default Mode Network (DMN)

A mind that wanders — especially at night.



The DMN becomes more active when you're at rest, leading to more self-focused and repetitive thoughts.

3 3 Practical Nighttime Actions

Simple tools to quiet an overactive mind.

1 Worry Time

Set 10–15 minutes earlier in the evening to write down your worries.



2 Physiological Sigh

Take two quick inhales through your nose, then a long exhale through your mouth. Repeat 3–5 times.



3 20-Minute Rule

If you can't solve it tonight, park it for tomorrow. Give your mind permission to rest.



Extra Tips for Quieter Nights

- Keep a consistent sleep schedule
- Reduce screen time before bed
- Create a calming bedtime routine
- Try breathing or body scan meditation
- Keep a notebook nearby
- Be kind to your mind — it's doing its best

A calmer tonight
A brighter tomorrow

Remember

Overthinking at night isn't a personal failure — it's a normal brain response. With awareness and small habits, you can train your mind for calmer nights and brighter days.



Less Overthinking | Better Sleep | A Kinder You

Small Steps Brighter Tomorrows

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