



The Switch-Off Guide

Twenty minutes a night. The day ends when you say it does.

Quillaby.



Your body already knows how to do this.

Somewhere between the last email and the first scroll, your body picked up a habit: staying switched on. Shoulders half-raised. Jaw set. A low hum of alert that follows you from the sofa to the pillow and keeps the lights on behind your eyes.

The mat under your arm right now is a blunt, brilliant instrument for ending that. Its 6,210 acupressure points press into the muscles along your back and neck — and your body answers the only way it can: it lets go. Blood moves to the surface. Muscles unclench. The warm, spreading, heavy-limbed wave that follows is what we call **the Flush**.

What the Flush feels like: a spreading warmth across your back, arms that feel too heavy to lift, and — the part nobody believes until it happens — a brain that finally goes quiet. Most people feel the first wave inside twenty minutes. It deepens with practice.

This guide is the whole method. There is nothing to master and no technique to get wrong — just a few decisions about when, where and how you lie down. Read it once tonight. After that, the mat does the work.

One honest warning: the first ninety seconds are spiky. Not painful — spiky. It fades into warmth faster than you expect, and by night three you'll barely register it. Knowing this in advance is 90% of succeeding at night one.

Night one: the first twenty minutes.

- 1 **Pick your moment.** The sweet spot is 30–60 minutes before bed — late enough that the day is done, early enough that you won't fall asleep on the mat (though people do, and that's fine).
- 2 **Put your phone in another room.** This is the only rule we're strict about. The mat switches your body off; the phone switches your head back on. They cancel each other out.
- 3 **Set the scene low.** Lamp, not ceiling light. Sofa, bed or floor — floor gives the firmest press and the strongest Flush. Lay the pillow at the top of the mat for your neck.
- 4 **Lower yourself on slowly — with a t-shirt on.** Night one is a t-shirt night. Distribute your weight evenly rather than sitting down first; the more of your back touches at once, the gentler it feels.
- 5 **Breathe through the spike.** Ninety seconds of "ooh that's sharp", then the warmth arrives. Long, slow breaths out. Don't fidget — every reposition restarts the clock.
- 6 **Stay for twenty minutes.** Set a gentle alarm if you like. When you get up, move slowly — your back will feel warm, loose and about a stone heavier in the best way. Go straight to your night routine, then bed.

Four ways to lie on it.

1 • The Classic — full back

Flat on your back, knees bent or straight, neck on the pillow. This is the position that produces the full-body Flush and the one to use for your nightly twenty. Start here and stay here for at least the first week.

2 • The Deep Press — bare skin

Same position, no t-shirt. From week two onwards, this is the upgrade: the press is sharper for a minute and the warmth roughly twice as deep. Most nightly users end up here.

3 • The Desk Undo — feet

Stand on the mat (socks first, holding a wall or chair). Two to three minutes. Feet carry a day's tension nobody notices until it releases — this one is sharp, brief and strangely addictive.

4 • The Neck Rescue — pillow only

The pillow works alone: lie on the floor or bed and rest the base of your skull and top of your neck on it, ten minutes. For screen-neck days, this is the fastest relief in the kit.

Sensitive back? Layer a thin towel over the spikes and remove it after a few nights. Comfort builds fast; there's no prize for toughing out night one.

The 60-night arc.

Nights 1–3 • The adjustment

Spiky start, warm finish. You'll notice the Flush but might not trust it yet. Keep the t-shirt on, keep the twenty minutes honest.

Nights 4–10 • The hook

The spike fades to a press you look forward to. Falling asleep starts feeling less like a negotiation. This is when most people stop needing the alarm — they're getting off the mat drowsy.

Nights 11–30 • The habit

The mat becomes the hinge of the evening: everything before it is the day, everything after is the night. Skipped nights start to feel noticeably worse than mat nights — that contrast is the habit locking in.

Nights 31–60 • The default

Twenty minutes, bare skin, lights low, and a wind-down your body starts anticipating around 9pm without being asked. This is the off switch installed.

Miss a night? Nothing is lost. This isn't a streak app — it's furniture for your evening. Get back on the next night and the arc continues where it left off.

Five 9pm habits that make the mat work harder.

1 • The phone exile. Phone charges in the kitchen from 9pm. The single highest-leverage change on this list — the mat's only real rival is the scroll.

2 • The light drop. At 9pm, ceiling lights off, lamps on. Dim light is a signal your body has responded to for a hundred thousand years; use it.

3 • The tomorrow list. Two minutes, pen, paper: everything circling your head goes onto the page. The list holds it overnight so your brain doesn't have to.

4 • The twenty minutes. The mat, as per this guide. Habits 1–3 clear the runway; this is the landing.

5 • The same time. Aim for lights-out within the same half-hour window each night. Consistency is boring and it beats everything else on this list combined.

You don't need all five to feel the difference — the mat plus the phone exile alone transforms most evenings. Add the rest as they fit.

The small print that isn't small.

"It's too spiky for me."

Towel layer, shorter sessions (ten minutes), build up. Nobody's back is too sensitive for this — some just need a gentler ramp.

"My mind won't stop even on the mat."

Normal for the first week. Give your brain one job: count each breath out, up to ten, then start again. The body usually drags the mind under by minute twelve.

"I keep falling asleep on it."

Enviably. It's not harmful, but you'll sleep better in bed — set the gentle alarm.

When to check with your GP first

If you're pregnant, have a skin condition on your back, a bleeding disorder, or use blood-thinning medication, have a quick word with your GP before starting. The mat is a wellness tool, not a medical treatment.

Caring for the kit

Cotton cover, so: spot-clean with a damp cloth, or remove the foam and hand-wash the cover cool. Air-dry flat. Roll it into the carry bag rather than folding — the spikes stay on (that's the 5-year promise), and rolling keeps them that way.



Feel the Flush in 60 nights — or it's free.

That's the whole deal. Use the mat, follow this guide loosely, and if the Flush doesn't find you within your first sixty nights, tell us and your money comes back — and this guide is yours to keep either way.

Fewer than 1 in 20 ever use it. We can afford the promise because the mat keeps it for us.

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