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How Fast NQ Lifts Get Erased

NQ gives back a multi-day lift two to three times faster than it builds it. The same rule holds overnight, on an hours scale, and it is strongest when the lift is quick, early and thin.

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5 days
median time to erase half of a daily lift that took 17 days to build

46%
of 28 daily lifts fully erased, back to the start, before any new high

94%
of overnight lifts that peaked before 5 AM CT were half erased

100%
of 21 low-volume overnight lifts that peaked before 5 AM were half erased by the next regular session

In brief

- **Down faster than up.** Across 28 NQ lifts of 5% or more that took at least 6 trading days (Nov 2020 to Oct 23, 2026), half the lift was gone a median 5 days after the top, about one-third of the 17 days it took to build.
- **Often all of it.** 21 of 28 lifts (75%) were half erased and 13 (46%) were fully erased, a median 8 days after the top. The typical give-back before the next new high was 94% of the lift.
- **Steep beats slow.** Lifts built in 20 days or less were fully erased 56% of the time. Long, slow grinds were fully erased 33% of the time and usually gave back about a third before moving on.
- **Overnight, the same rule in hours.** Of 136 overnight lifts of 150+ points in 2026, a full erase came a median 4.8 hours after the peak, about half the 9.5 hours the lift took to build.
- **Early and thin is the tell.** Overnight lifts that peaked before 5 AM CT were half erased 94% of the time. Add low volume, and all 21 were half erased by the next regular session.
- **Heavy and late holds.** A high-volume overnight drop that bottomed after 5 AM was fully erased only once in 13 cases.

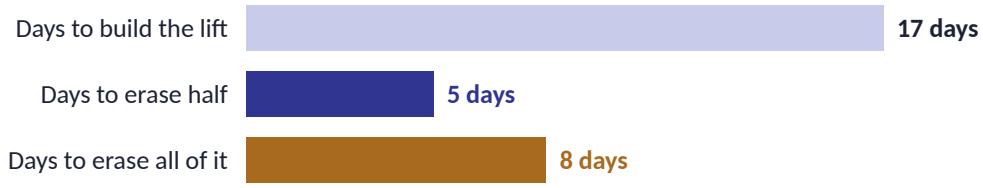
Educational research. NQ1! continuous-contract data from TradingView exports; method and definitions on page 5. Figures describe what NQ did, not trading results.

PART I

Daily lifts: built in weeks, erased in days

A lift here is a swing from a low to a high of 5% or more, found with a 5% zigzag on daily highs and lows, that took at least 6 trading days to build. Twenty-eight lifts qualify from November 2020 to October 23, 2026. For each one, the clock starts at the top and counts the trading days until price trades back through the middle of the lift (half erased) and back to its starting low (fully erased), before any new high.

Median days to build, and to give it back



Medians across the lifts that reached each stage: 21 half erased, 13 fully erased. Source: NQ1! daily bars, TradingView.

All 28 lifts	Result
Half erased	21 of 28 (75%), median 5 days
Fully erased, before any new high	13 of 28 (46%), median 8 days
Typical give-back before the next new high	94% of the lift
Half-erase time as a share of build time	about one-third

The two steep lifts of 2026

Both were short, near-vertical runs that topped against the upper channel line, and both were fully erased in roughly half the days it took to build them.

Lift (low to top)	Size (pts)	Days to build	Half erased	Fully erased	Erase time vs build
Sep 18 to Oct 6, 2026	+1,968	12	5 days	7 days	58%
May 19 to Jun 3, 2026	+2,145	10	2 days	4 days	40%

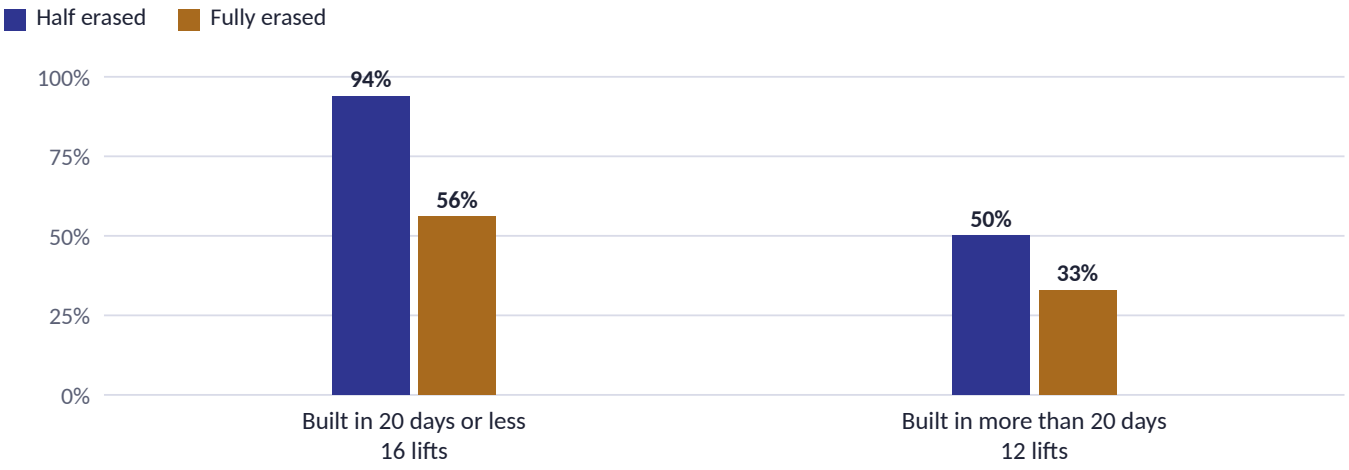
These two use the swing lows marked on the chart (May 19 and Sep 18), so their dates differ slightly from the zigzag.

PART I, CONTINUED

Steep lifts get wiped out; slow grinds move on

How fast a lift was built says a lot about what happens next. Quick lifts, built in 20 days or less, were nearly always half erased and more often than not fully erased. Slow grinds were half erased only half the time.

Share of lifts erased, by how fast they were built



Lift built in	Lifts	Half erased	Fully erased	Median give-back before new high	Half-erase time vs build
20 days or less	16	15 (94%)	9 (56%)	104%	0.38
More than 20 days	12	6 (50%)	4 (33%)	64%	0.26

The big, slow lifts held. The two largest and slowest lifts in the study, 134 days into October 2025 and 45 days from March to June 2026, gave back only 33% to 40% before making new highs. When a slow lift does break, though, the first half goes fast: 0.26 of the build time.

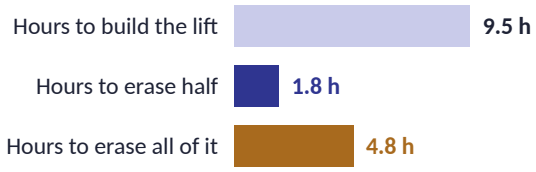
The seven lifts that were never half erased were all slow grinds or short lifts that kept going. A median give-back above 100% for the quick lifts means the typical steep lift did not just return to where it started; it went through it.

PART II

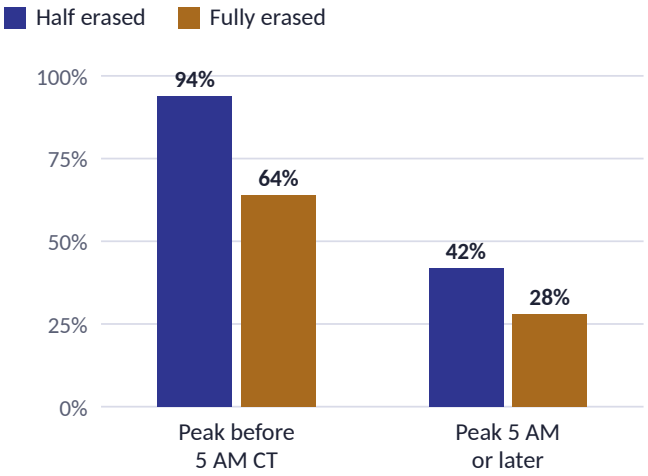
Overnight lifts follow the same rule, in hours

The overnight session (3:00 PM to 8:30 AM CT) shows the same pattern on a shorter clock. Of 136 overnight lifts of 150 points or more from January 1 to October 22, 2026, measured on 15-minute bars, a full erase came a median 4.8 hours after the overnight high, about half the 9.5 hours the lift took to build.

Median hours to build, and to give it back



When the overnight high came



Overnight lift	Lifts	Median lift, build time	Half erased	Fully erased	Next regular session takes it all back	Next regular session median give-back
All, 150+ points	136	306 pts, 9.5 h	68%, median 1.8 h	46%, median 4.8 h	46%	96%
Peak before 5 AM	**67**	**261 pts, 6.0 h**	**94%**	**64%**	**61%**	**130%**
Peak 5 AM or later	69	378 pts, 13.5 h	42%	28%	32%	57%
After a regular-session drop of 100+	44	343 pts, 9.4 h	55%, median 1.0 h	43%	50%	97%
Lift of 300+ points	70	416 pts, 11.1 h	53%	29%	29%	70%

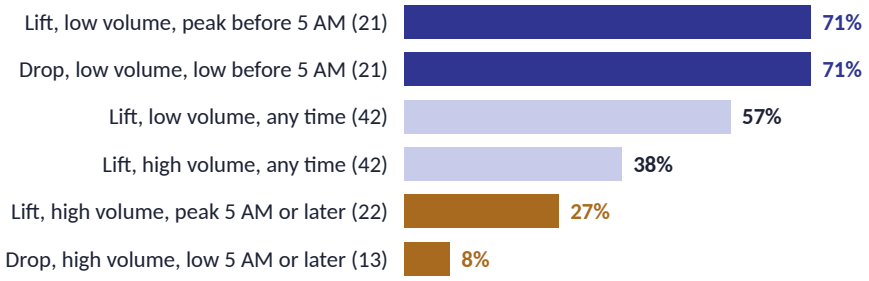
- **A peak before 5 AM is the overnight version of a steep lift.** It was half erased 94% of the time, and the next regular session took it all back 61% of the time.
- **Lifts that keep building past 5 AM usually hold.** They are larger, and the next regular session gave back a median of only 57%.
- **After a regular-session drop,** an overnight lift's first half came off fastest, in a median of 1 hour.
- **The two scales line up.** A steep daily lift built on early overnight runs is the type most likely to be erased on both the daily and the overnight clock.

PART III

Low-volume overnight moves are the ones that get erased

Volume adds the last piece. Each overnight move of 150 points or more (241 moves: 125 lifts and 116 drops) was ranked by its average bar volume against the median of the prior 20 nights. Thin, early moves were taken back by the next regular session; heavy, late moves mostly held.

Next regular session takes the whole overnight move back



Overnight move (150+ pts)	Moves	Next session erases half	Next session erases all	Median give-back
Lift, low volume, peak before 5 AM	**21**	**100%**	**71%**	**136%**
Lift, low volume, any time	42	81%	57%	111%
Lift, high volume, any time	42	67%	38%	77%
Lift, high volume, peak 5 AM or later	22	45%	27%	48%
Drop, low volume, low before 5 AM	**21**	**90%**	**71%**	**141%**
Drop, high volume, low 5 AM or later	13	69%	8%	73%

Low volume, little conviction. Low-volume lifts were also smaller (median 220 points vs. 381) and moved further per contract traded, the same thin-market pattern as the midday lull in the regular session. It works in both directions: a thin, early overnight drop was bought back about as often as a thin, early lift was sold.

Method and data notes

Daily lifts: NQ1! daily bars, Nov 6, 2020 to Oct 8, 2026 (TradingView export), extended to Oct 23, 2026 with 100-tick range-bar highs and lows grouped by session. Lifts run from swing low to swing high on a 5% zigzag of daily highs and lows; lifts shorter than 6 trading days left out (28 lifts). Half erased = the first day the low traded back through the lift's midpoint; fully erased = the first day the low traded back to the starting low, before any new high above the top. **Overnight lifts:** NQ1! 15-minute bars, Jan 1 to Oct 22, 2026; the lift runs from the lowest low before the overnight high (3:00 PM to 8:30 AM CT) to that high; lifts under 150 points left out; erase times in hours after the overnight high, up to 5 trading days, stopped at any new high. **Volume:** low volume = the lowest third of moves by average bar volume during the move vs. the median of the prior 20 nights (lifts at or below 0.77×, drops at or below 1.03×); high volume = the top third (lifts above 1.03×, drops above 1.40×). Drops run on heavier volume than lifts overnight. Give-back is measured to the next regular session's low (lifts) or high (drops). The continuous contract can differ slightly from a single contract month.

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About the author

Michael A. Zingale, the "MAZ" in MAZing, was licensed in life insurance in 1988 and built the early part of his career around cash value life insurance used to pay estate taxes. As the federal estate tax exemption rose, from $600,000 per person in the 1990s to about $15 million today, he kept his life insurance practice and added investment services in the early 2000s. About twenty years later he added short-timeframe index forecasting and trading. Since January 2021 he has published a daily NQ futures forecast on TradingView before each U.S. open.