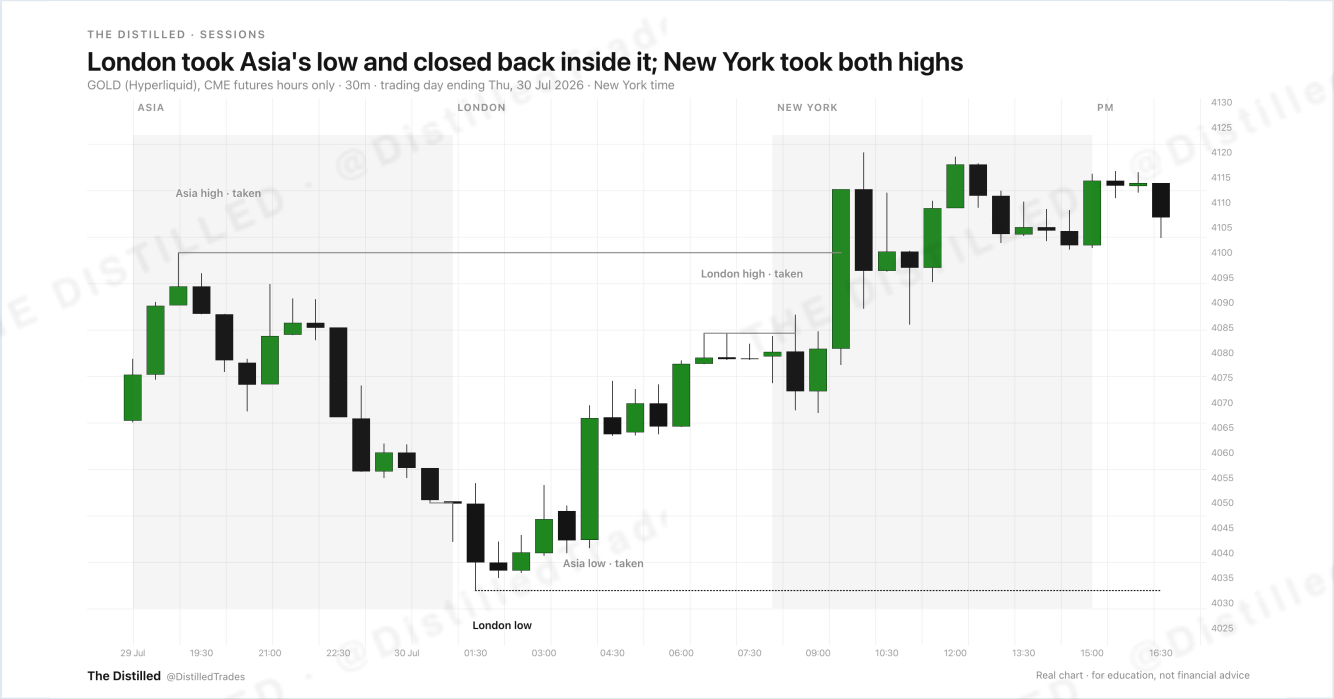
Session highs and lows are liquidity

Every session leaves a high and a low behind. The next session often comes for one of them. Here is how to mark them and how to tell a sweep from a break.



London trades under Asia's low and closes back inside it; New York then takes both highs. GOLD (Hyperliquid) 30m, trading day ending Thu 30 Jul 2026.

For education only. This isn't financial advice, and trading carries a high risk of loss. Every chart is real Hyperliquid data (XYZ100, which tracks the Nasdaq-100, or GOLD), CME futures hours only, New York time; it is not CME futures data. The numbers are statistics from our research on CME NQ futures. They describe what sessions did; none of them is a trading signal or a win rate.

Risk warning: futures and CFDs are leveraged; losses can be fast and, on futures, exceed your deposit. Most retail CFD accounts lose money.
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MARKING THEM

Draw them from the candle that made them

- When a session closes, mark its high and its low.
- Start each line at the **candle that printed it**, not at the session open. The level is that wick.
- **Dotted** while it's still resting. **Solid and grey** once price trades through it.

A sweep or a break?

- **Sweep:** price wicks through the level and closes back inside it within a few candles. The stops beyond the level got taken, and price didn't stay there.
- **Break:** price closes beyond the level and holds there. That's acceptance, not a sweep.

The next guide in this series covers what traders read into each one. Here, just learn to tell them apart.

It happens most days

	TOOK THE HIGH	TOOK THE LOW	TOOK BOTH	TOOK EITHER
London vs Asia	61%	52%	20%	93%
New York vs London	74%	68%	43%	99%
New York vs Asia	77%	70%	48%	99%

How to read this. London trades through at least one side of Asia's range on 93% of days. So "London took an Asia level" isn't a signal on its own; it's what a normal day looks like. What matters is **how** it happened: a sweep (closed back inside) or a break (closed through and held).

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EXAMPLE

The same idea, the other way



London trades above Asia's high and closes back under it. New York then takes both lows. XYZ100 (Hyperliquid) 30m, trading day ending Wed 17 Jun 2026.

What to look at

- Which level got taken first, and did the candle close back inside?
- Where is the opposite level? After a sweep of one side, the other side of the range is the obvious next level.
- Which levels are still dotted? Those are the resting ones.

Try it

On five days, mark Asia's and London's highs and lows, dotted until they're taken. For each one taken, write "sweep" or "break". Don't trade it; just get the reading right.

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