EXAM SEASON · STUDENTS AND FAMILIES

Sleep is study.

Sleep is when your brain stores what you learned that day.
An all-nighter costs more than it gains.

TEENAGERS NEED

8–10

hours of sleep a night

Find your bedtime: count back from wake-up

If you wake at…	Be asleep between…
6:30 am	**8:30 and 10:30 pm**
7:00 am	**9:00 and 11:00 pm**
7:30 am	**9:30 and 11:30 pm**

Phones sleep outside

Phones and tablets at bedtime are linked to less sleep, poorer sleep and feeling sleepy the next day. Charge them in another room, and try a digital alarm clock so you don't need your phone to wake up.

Screens off before bed

Switch off screens an hour before bed. These apps can lock your phone for you:

- **iPhone:** Screen Time › Downtime (built in)
- **Android:** Digital Wellbeing › Bedtime mode (built in)
- **Forest:** App Store or Google Play

Caffeine cut-off

Coffee, energy drinks, cola and some iced teas are linked to sleep problems. Stop by early afternoon.

Same wind-down, every night

For example: shower, pack tomorrow's bag, lights low, read. Your brain learns the signal.

Keep a steady wake-up time

Try to wake at a similar time each day, even in exam week, so bedtime comes more easily.

Sharing a room?

An eye mask and foam earplugs help, and so does agreeing on a lights-out time.

For families

Set up a family charging station outside bedrooms. Keep exam-week evenings calm and predictable. Model screens off at night, and offer water rather than energy drinks.

Sources: Paruthi et al. (2016), *Journal of Clinical Sleep Medicine*; Carter et al. (2016), *JAMA Pediatrics*; Zhong et al. (2024), *Sleep Medicine*.

Need support? Talk to the wellbeing team.

Created by 3rd year Occupational Therapy students, Deakin University · November 2026