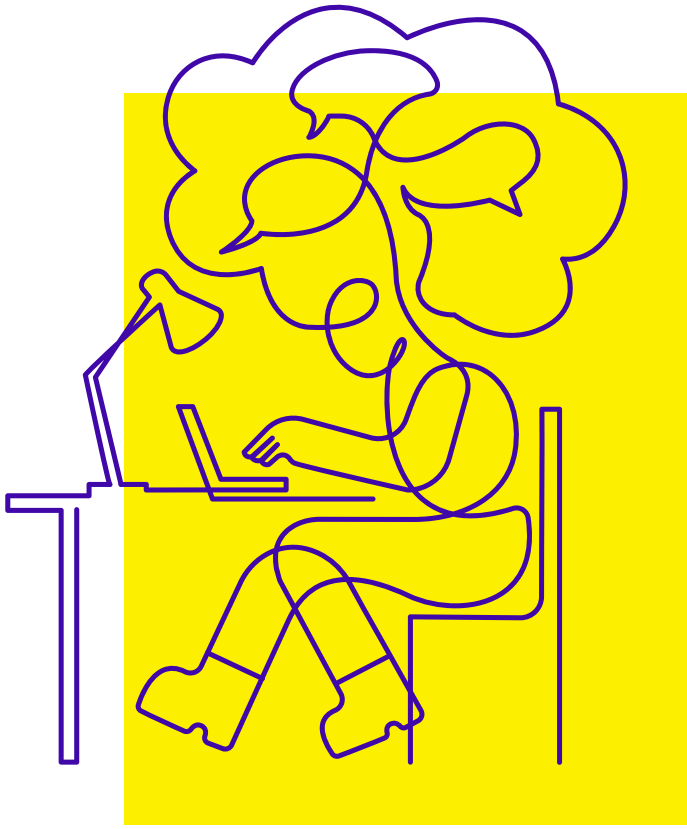
the Sleep Charity

ADVICE SHEET

Sleep and exams: A survival guide

Exams are important – but sleep is essential.
If you don't sleep, the brain can't work at it's best



Sleep helps

Improves **memory**

Increases **focus**

Reduces **stress**

Helps you **think clearly** under **pressure**

Do

Get **prepared** and make a **timetable**

Finish studying at least **1 hour before bed**

Review key points **earlier** in the evening

Some **exercise** or go out for a **change of scenery**

Eat well with **healthy snacks** such as **nuts** or **fresh fruit**

Don't

Drink **caffeine** late in the day

Revise in bed

Use **screens** right **before sleep**

Cram for exams **all night**

For more information visit
thesleepcharity.org.uk