



# Sleep tips for exam success

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**While having a lie-in, napping and going to bed late (or sometimes not at all) are all associated with student life, it is crucial to get a good night's sleep as much as possible during exam season.**



## How can sleep impact academic success?

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Regular quality sleep helps with learning and memory function. Irregular sleep can also delay the release of the sleep cycle-regulating hormone melatonin, by as much as three hours. This can leave your body feeling like it's in a different time zone, which can inevitably impact a morning exam.

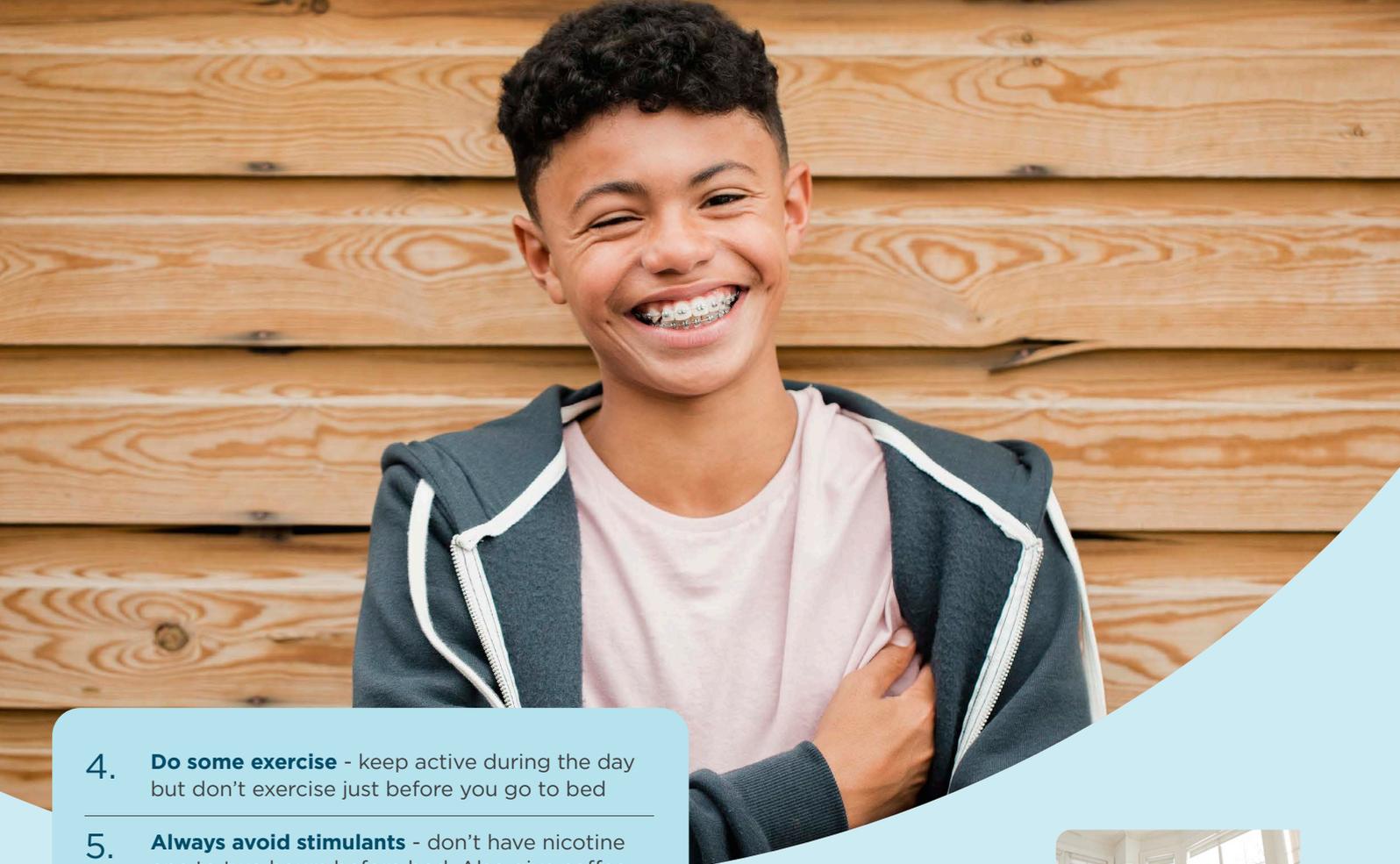
We understand that trying to sleep during the exam period can feel difficult, but there are plenty of things you can do to get into a healthy sleep routine.

Here are some tips on how to get an optimal night's sleep to help with exam stress.

## 11 tips for a good night's sleep

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1. **Listen to music** - create a calming 30 minute playlist that makes you feel relaxed and sleepy
  2. **Don't check the time** - seeing your alarm clock when you can't sleep can increase your anxiety. Turn it around and don't be tempted to look
  3. **Have a set sleep routine** - go to bed and wake up at the same time every day, even on weekends
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4. **Do some exercise** - keep active during the day but don't exercise just before you go to bed
5. **Always avoid stimulants** - don't have nicotine one to two hours before bed. Also give coffee, tea, chocolate and fizzy drinks a miss, as caffeine should be avoided before you sleep
6. **Don't take naps** - while it may seem like a good idea at the time, avoid your mid-afternoon nap so you are tired by the time you go to bed
7. **Don't have a TV in the bedroom** - watching TV in bed, or streaming on your laptop or tablet, stimulates the brain. Charge your phone and devices outside your room - and don't use the alarm on your phone as an excuse to keep it by your bed
8. **Don't use your smartphone in bed** - LCD screens emit a blue-enriched light that can delay the release of melatonin, meaning that you don't feel sleepy when you should do
9. **Keep the bed a sanctuary for sleep** - make sure that the bed itself is reserved for rest and not revision, and that the overall space isn't crowded by textbooks, laptops and papers
10. **Make time to relax and unwind** - soaking in a hot bath, or doing 10 minutes of meditation and breathing exercises, can do a lot of good
11. **Stress management** - exams are stressful but try not to catastrophise. If something is causing worry, keep a notebook by the bed and jot down whatever is making you feel anxious

Sleep is an important part of exam preparation. If you need to do some last-minute revising, set your alarm a little earlier than usual and have a quick refresh first thing, rather than sacrificing your sleep.



## Therapy and treatment for sleep disorders

If you or someone you care about is suffering from a sleep disorder, it is important to seek help.

Priory works with worldwide leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.

For more information, please contact us by:

**Telephone: 0800 840 3219**

**Email: [info@priorygroup.com](mailto:info@priorygroup.com)**

Read more about mental health treatment at Priory by scanning the QR code.

