Sleep in exam week — a card for the bedroom

Start from the wake-up time, and count everything else back from it.

Wake-up time (every day of the week)

Sleep for their age: 6 to 12, at least 9 hours · 13 to 17, at least 8 hours

Latest time asleep = wake-up time − hours of sleep

Screens off at (an hour before sleep)

Short review on paper, from … to …

Every night:

- [ ] Screens out of the bedroom.
- [ ] Nothing new after the screens go off.
- [ ] Half an hour winding down, no studying.
- [ ] A quiet, cool room.
- [ ] The same wake-up time, weekends included.

When to ask a doctor: if they struggle to sleep for weeks, or worry is severe, persists and gets in the way of their day. Start with the paediatrician, the family doctor or the school counsellor.

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