



Exam-Season Game Plan

Balance study, rest, and sleep so you peak when it counts.

Cramming and all-nighters feel productive but quietly sabotage memory, mood, and focus. The students who do best protect their sleep, study in focused blocks with real breaks, and spread learning across days. Map a realistic week below — including downtime, which is part of the plan, not a reward you have to earn.

Plan your week

Block in study sessions, classes, breaks, meals, and a consistent sleep window.

Day	Morning	Afternoon	Evening	Lights-out
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Aim for the same wake-up time every day and 7–9 hours of sleep — it's when memory consolidates.