

# Sleep and your studies

Sleep is not time away from your work. It is part of how your brain does the work. Here is what is happening while you rest, and how to get more of it.

## WHAT SLEEP DOES FOR LEARNING

- While you sleep, your brain sorts and stores what you studied that day. This is called consolidation.
- A topic revised then slept on is held far better than the same hours spent awake.
- Lost sleep is lost learning. Working until two in the morning often costs more than it adds.

## HOW MUCH YOU NEED

- Most teenagers need around eight to ten hours.
- Your body clock shifts later in these years. Wanting to sleep late is biology, not laziness.
- Keep a steady time, even at weekends. Your brain settles into a rhythm.

## THE WIND-DOWN

- Stop studying at least thirty minutes before bed. Give your mind time to settle.
- Dim the lights. Bright light tells your brain it is still daytime.
- Put the phone across the room. The scroll is designed to keep you awake.
- Do something calm: read, stretch, a warm shower, slow music.

## WHEN SLEEP WILL NOT COME

- Do not lie there fighting it. After twenty minutes, get up, do something quiet, then return.
- Write tomorrow's worries on paper so your mind can set them down.
- Slow your breathing. Breathe out for longer than you breathe in.

### TONIGHT

- A set wind-down time
- Phone out of reach
- Lights low
- Tomorrow's first task noted

### ABOUT NAPS

A short nap of about twenty minutes, early in the afternoon, can refresh you. Keep it brief. A long or late nap borrows from the night and leaves you groggy.

Rest is part of the work, not a break from it.

If sleep is a real and lasting struggle, please talk to a parent, a doctor, or someone you trust. This sheet is general guidance, not medical advice.