

Detailed fact sheet - Screen Time and Studying : Effective strategies

This guide is designed for families and caregivers to help support young people in managing screen use during study time.

The goal is not to ban screens, but to prevent them from affecting sleep, focus, and well-being. Try different strategies — there is no one perfect solution.

1. Study More Effectively

- **The Pomodoro method** : Study for 25 minutes, then take a 5-minute break. After 4 cycles, take a longer break (15–20 minutes).
- **Out of sight** : Keep the phone in another room, bag or drawer, not just on silent mode.
- **Limit distractions** : Keep only the tabs you need open. Close apps and websites that are not necessary.
- **Plan screen time** : Set specific times for leisure screen use (e.g., 30 minutes after supper).



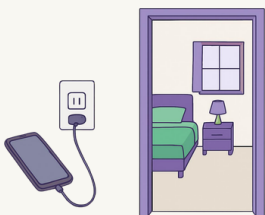
2. Prioritize Sleep and Memory

- **Sleep matters** : Sleep supports memory and learning more effectively than late-night studying. Teens aged 14 to 17 years need about 8 to 10 hours of sleep (9–11 hours for younger children).
- **Before bed** : Avoid screens for 60–90 minutes before sleep. Leave the phone outside the bedroom or put it on silent mode.

3. Manage Stress Without Screens

When stress increases : choose other ways to relax instead of scrolling :

- **Walk 10 minutes** or stretch.
- **Practise slow breathing** : inhale for 4 seconds, hold for 4 seconds, exhale for 6 seconds.
- **Relax without screens** : listen to music, call someone, draw, etc.



4. Try a « Mini-Challenge »

Mini-Challenge : Choose ONE strategy to follow for 2 weeks. Small, simple goals are often easier to maintain and more motivating.