For me, the school permits me to concentrate on IPhO, and the Indonesian team leader give me 1 week preparation for the UAN test, which is quite sufficient.

For examination preparation, if the time is too short, it should be better to focus on some important part of the topic, not being fussy with the details. And of course, if we have spare time, we should try to learn more.

For IPhO, try to have fun as much as you can with physics and, you should continually ask questions to yourselves or your peers. In my opinion, a short constructive discussion is much better than cramming an all-nighter.

As for examination preparations in general, do as much preparations as you can, then make sure you have enough sleep before the exam.