

5210 and Healthy Sleep

Support Healthy Sleep Patterns with 5210!

- 5 5 servings of fruit and vegetables daily is part of a healthy diet which helps promote quality sleep
- 2 Watching TV close to bedtime may affect sleep quality or the ability to fall asleep
- 1 Engaging in regular physical activity helps improve sleep quality
- 0 Caffeinated beverages close to bedtime may contribute to difficulty falling asleep

Create an environment conducive to good sleep



Improve Healthy Sleep by...

- ensuring your child has a consistent sleep and wake time
- ensuring your child has a consistent bedtime routine
- removing all electronics from the bedroom
- ensuring your child has a cool, quiet, dark and comfortable sleep environment

Reduce screen time in the evenings to help children go to bed on time and get sufficient sleep.

Getting a good night's sleep allows your child to engage physical activity during the day.

Children who get inadequate sleep tend to make unhealthy food choices.

With enough sleep, it may be easier to refrain from those caffeinated sweetened beverages to stay awake!



References

American Academy of Sleep Medicine (2009). *Better Sleep Across Both Weekdays and Weekends is Associated with Improved Academic Success - American Academy of Sleep Medicine (AASM)*. Retrieved from <http://www.aasmnet.org/articles.aspx?id=1328>

Drescher, A., Goodwin, J., Silva, G., & Quan, S. (2011). Caffeine and screen time in adolescence: associations with short sleep and obesity. *Journal Of Clinical Sleep Medicine: JCSM: Official Publication Of The American Academy Of Sleep Medicine*, 7(4), 337.

Fox, K. (1999). The influence of physical activity on mental well-being. *Public Health Nutrition*, 2(3a), 411-418.

Health.mil,. (2014). *Help Your Children Recharge through Sleep*. Retrieved from <http://www.health.mil/News/Articles/2014/04/24/Help-Your-Children-Recharge-through-Sleep>

Peuhkuri, K., Sihvola, N., & Korpela, R. (2012). Diet promotes sleep duration and quality. *Nutrition Research*, 32(5), 309-319.

Sleepfoundation.org. (2014). *National Sleep Foundation - Sleep Research & Education*. Retrieved from <http://sleepfoundation.org>

Sleepfoundation.org,. (2014). Taste: What You Eat Can Affect Sleep - National Sleep Foundation. Retrieved from <http://sleepfoundation.org/bedroom/taste.php>

St-Onge, M., McReynolds, A., Trivedi, Z., Roberts, A., Sy, M., & Hirsch, J. (2012). Sleep restriction leads to increased activation of brain regions sensitive to food stimuli. *The American Journal Of Clinical Nutrition*, 95(4), 818-824.

This material is the result of a partnership funded by the Department of Defense between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with Penn State University.

