

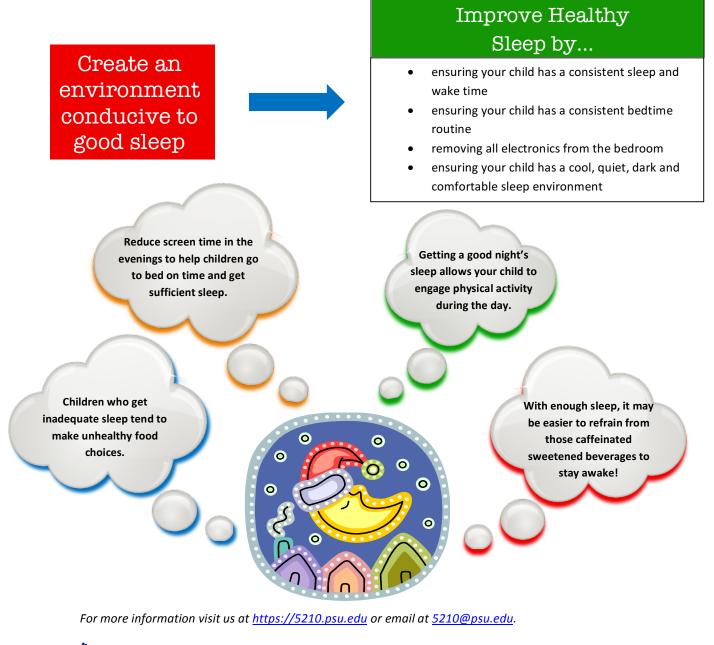
5210 and Healthy Sleep

Support Healthy Sleep Patterns with 5210!

5 servings of fruit and vegetables daily is part of a healthy diet which helps promote quality sleep

Any screen time viewed within one hour of bedtime has been associated with difficulty falling asleep, anxiety around bedtime, and fewer sleeping hours

- Engaging in regular physical activity helps improve sleep quality
- Caffeinated beverages close to bedtime may contribute to difficulty falling asleep



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For more information visit us at <u>https://5210.psu.edu</u> or email at <u>5210@psu.edu</u>.



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