

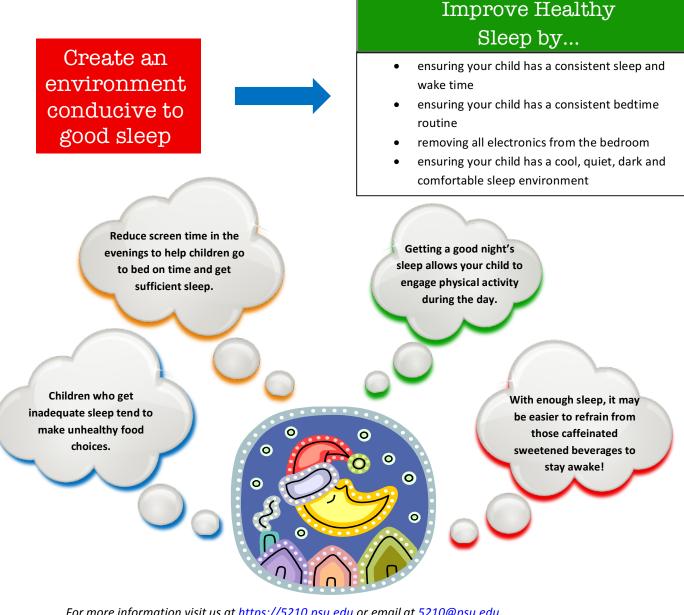
5210 and Healthy Sleep

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



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

CLEARINGHOUSE FOR MILITARY FAMILY READINESS

This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University. 5210 Healthy Children is adapted from Let's Go! www.letsgo.org.

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