Support Healthy Sleep Patterns with 5210!

1. Engaging in regular physical activity helps improve sleep quality.
2. Any screen time viewed within one hour of bedtime has been associated with difficulty falling asleep, anxiety around bedtime, and fewer sleeping hours.
3. 5 servings of fruit and vegetables daily is part of a healthy diet which helps promote quality sleep.
4. Caffeinated beverages close to bedtime may contribute to difficulty falling asleep.

5210 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

Create an environment conducive to good sleep

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.

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

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

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References


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