

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



For more information visit us at <https://5210.psu.edu> or email at [5210@psu.edu](mailto:5210@psu.edu).

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