



# IWK SLEEP WEEK

MARCH 6 - 13 2025



**SLEEP WEEK HAS ARRIVED AT THE IWK! HERE IS HOW WE WILL BE CELEBRATING:**

## DAY 1: MARCH 6TH

- WELCOME SLEEP WEEK! LOOK OUT FOR SLEEP WEEK INFORMATION, RESOURCES, AND A SURVEY IN THE PULSE NEWSLETTER AND ON IWK SOCIAL MEDIA

## DAY 2: MARCH 7TH

- TODAY'S THEME IS HEALTHY SLEEP IN HOSPITAL AND AT HOME FOR PATIENTS AND FAMILIES
- CHECK OUT OUR PATIENT AND FAMILY RESOURCE CALLED "SLEEPING AT IWK"



## DAY 3: MARCH 8TH

- TODAY'S THEME IS HEALTHY SLEEP FOR HEALTHCARE PROFESSIONALS AND SHIFT WORKERS, AND SUPPORTING HEALTHCARE PROFESSIONALS TO HELP FAMILIES SLEEP WELL



## DAY 4: MARCH 9TH

- TODAY'S THEME IS HEALTHY SLEEP IN HOSPITAL AND AT HOME FOR CHILDREN WITH NEURO-DEVELOPMENTAL CONDITIONS AND THEIR FAMILIES

## DAY 5: MARCH 10TH

- TODAY'S THEME IS SLEEP KNOWLEDGE OF EARLY CHILDHOOD DEVELOPMENT INTERVENTIONISTS
- STOP BY OUR DISPLAY IN GOLDBLOOM PAVILION FROM 8AM - 5PM FOR RESOURCES AND TO LEARN ABOUT OUR SLEEP RESEARCH AT IWK



## DAY 6: MARCH 11TH

- TODAY'S THEME IS SLEEP IN CHILDREN AND TEENS WITH TYPE 1 DIABETES AND THEIR FAMILIES
- JOIN US FOR A STORY-TIME IN THE RONALD MCDONALD FAMILY ROOM AT 6PM

## DAY 7: MARCH 12TH

- TODAY'S THEME IS AGREEING GLOBAL STANDARDS TO PROMOTE SLEEP IN HOSPITALS
- JOIN US FOR A STORY-TIME IN THE RONALD MCDONALD FAMILY ROOM AT 6PM
- LOOK OUT FOR THE PULSE NEWSLETTER AND SURVEY





IWK Health

### WHY SLEEP IS IMPORTANT?



Sleep is essential for physical and mental health! It supports growth and development, mood and behaviour regulation, pain management, metabolic health, and healing from illness or injury.

## WHAT IS SLEEP WEEK?

Sleep week at the IWK is an initiative to promote healthy sleep for IWK families and staff members. We have planned lots of activities to share information about sleep health, and to hear what healthy sleep means to you! World Sleep Day is also on March 14 this year.

All week long (March 6 – 13) we will have.....

### RESOURCE TABLES

Visit the cafeteria or Ronald McDonald Family Room to grab some sleep resources or sleep themed colouring pages!

### PILLOW PROJECT

If you are staying on the Pediatric Medical Unit (PMU), show us what is important to you about sleep by decorating a pillowcase.

### SCAVENGER HUNT

Find our mascot, lamby, hidden throughout the Goldbloom Pavilion and answer her questions to be entered in a prize draw!



For questions, comments, or additional information, please email:  
[sleepResearch@iwk.nshealth.ca](mailto:sleepResearch@iwk.nshealth.ca)

