



# IWK SLEEP WEEK

MARCH 6 - 13



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

## PILLOW PROJECT

**IF YOU ARE ON 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!**

## STORY TIME

**READY FOR A GOOD NIGHT OF  
SLEEP? JOIN US FOR STORY TIME  
IN THE RONALD MCDONALD  
FAMILY ROOM ON MARCH 11 &  
12 AT 6PM!**

The IWK Sleep Week team will be at the Goldbloom Pavilion on March 10 from 8am to 5pm to answer questions about sleep week and the research we are doing to support healthy sleep! For more resources, check out our displays in the cafeteria and Ronald McDonald Family Room all week long.

