Official Giveaway Rules

NO PURCHASE OR PAYMENT NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING.

1. Sponsor. This giveaway is sponsored by Pocono Pediatric Sleep Consulting, LLC, info@poconopediatricsleepconsulting.com ("Sponsor").

2. Not affiliated with Meta. This giveaway is in no way sponsored, endorsed, administered by, or associated with Facebook or Instagram. Entrants release Facebook, Instagram, and Meta Platforms, Inc. from any liability related to this giveaway. Any questions, comments, or complaints should be directed to the Sponsor, not Meta.

3. Eligibility. Open to legal residents of the United States who are 18 years of age or older at the time of entry. Employees of the Sponsor and their immediate family members and household members are not eligible. Void where prohibited by law.

4. Giveaway period. The giveaway begins on Wednesday, October 28, 2026 at 12:00 p.m. Eastern Time and ends at 11:59 p.m. Eastern Time on November 20, 2026. Entries received after that time will not be counted.

5. How to enter. No purchase is necessary. To receive one (1) entry on a platform, an entrant must complete all three steps on the official giveaway post on the Sponsor's Facebook or Instagram account:

- Follow @poconopediatricsleepconsulting
- Like the giveaway post
- Comment on the giveaway post

Bonus entry: An entrant who also shares the giveaway post to their Instagram or Facebook story, and tags @poconopediatricsleepconsulting in it, earns one (1) additional entry on that platform. Entrant's account must be public, or the entrant must send a screenshot of the story by direct message to the Sponsor, so the share can be verified.

Both platforms: Entrants may enter on both Facebook and Instagram. The maximum is two (2) entries per platform, for a total of four (4) entries per person. Duplicate comments or additional entries beyond this limit will not be counted. Entries must be submitted by the individual entrant; entries made through bots, scripts, or automated means are void. All eligible entries received on both platforms will be combined into one drawing for one winner.

6. Prizes. One (1) winner will receive:

- One (1) one-hour sleep coaching session with Karen Rickert, IPSP Certified Sleep Consultant (approximate retail value $100), and

- One (1) travel sound machine (approximate retail value $30).

Total approximate retail value: $130. Prizes are non-transferable, have no cash value, and may not be substituted by the winner. The Sponsor reserves the right to substitute a prize of equal or greater value. The Sponsor will ship the sound machine to a U.S. address provided by the winner, and the sleep coaching session will be held virtually at a mutually agreed time, subject to reasonable availability. The session must be scheduled and completed within sixty (60) days of winner notification, or it will be forfeited. The session is for educational and coaching purposes only and does not constitute medical care, medical advice, diagnosis, or treatment of any condition or sleep disorder.

7. Winner Selection and Notification. One (1) potential winner will be selected by random drawing from all eligible entries received on Facebook and Instagram within three (3) days after the Giveaway Period ends. Each eligible entry will have an equal chance of being selected. The odds of winning depend on the total number of eligible entries received.

The Sponsor will notify the potential winner by direct message from its official account and may reply to the winner's entry comment. The potential winner must respond within seventy-two (72) hours of the initial notification. If the potential winner does not respond within that period, is ineligible, or cannot be contacted after reasonable efforts, the Sponsor may select an alternate winner.

The winner will be asked to provide only the information reasonably necessary to verify eligibility and deliver the prizes. The Sponsor will never require payment to claim a prize. The winner's first name and social media username may be announced on the Sponsor's social media accounts.

8. General conditions. The Sponsor is not responsible for late, lost, misdirected, or incomplete entries, or for technical failures of any kind. The Sponsor reserves the right to disqualify any entrant who tampers with the entry process or violates these rules, and to cancel, modify, or suspend the giveaway if fraud or technical problems compromise its integrity. By entering, entrants agree to these rules and to the Sponsor’s decisions, which are final. Entrants agree to release the Sponsor from any liability arising from participation in the giveaway or acceptance or use of the prize. Winners are responsible for any applicable taxes.

9. Privacy. Any information collected from entrants will be used only to administer the giveaway and will not be sold. Entrants are providing information to the Sponsor and not to Facebook, Instagram, or Meta. Privacy Policy.

10. Winner list. For the name of the winner, contact info@poconopediatricsleepconsulting.com within 30 days after the giveaway ends.