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**Sweet Dreamzzz, Inc. Committed to Helping Impoverished Children
Improve Sleep Habits**
WHO (Women Helping Others®) Foundation awards \$30,000 to provide sleep kits

Detroit, MI – Impoverished elementary school children in the metro-Detroit area will sleep more soundly this year because of a \$30,000 grant from the WHO Foundation.

Sleep is a fundamental component of physical and mental health for children and with 47.8% of Detroit-area children living below the poverty level, there are many who go to bed with very little to keep them warm and comfortable. These children are unlikely to get adequate sleep, which affects their behavior and their academic performance.

Sweet Dreamzzz Detroit, is committed to educating these children on the importance of a good night's sleep and then providing the children with a sleep kit including an adult size sleeping bag, nightshirt, stuffed animal, socks, toothbrush, toothpaste, tote bag, crayons and activity book – all the tools necessary for restful sleep.

Nancy Maxwell, Executive Director of Sweet Dreamzzz, said, “We heard from a school nurse that a young boy was so happy to have a sleeping bag because he had been sleeping on the floor with a baby blanket and his back against the couch to keep warm and now he has a warm place to sleep and his back doesn't hurt anymore.”

Sweet Dreamzzz's initial grant request was for \$14,125 but when WHO heard about the critical need to provide warm sleeping conditions for poverty-level children, it increased the grant to \$30,000.

Maxwell said, “We were in a place where our program funding was dwindling. The money awarded by WHO is going to allow us to serve 1,800 children in an at-risk area. We're scheduling 5 schools for our sleep programs. I can't even tell you how much this grant has impacted our ability to help these children. We are so grateful to WHO and thank them from the bottom of our hearts.” You can reach Sweet Dreamzzz Detroit at 248-478-3242; or visit www.sweetdreamzzzdetroit.org.

The WHO Foundation is a non-profit charitable organization that was founded in 1993 and born from the philosophy of Women Helping Others. Since its inception, the foundation has awarded more than \$3.5 million to over 310 organizations throughout the U.S. and Puerto Rico. WHO Foundation nationally supports grassroots charities serving the overlooked needs of women and children.

For more information, call 1-800-WHO-4-ONE (1-800-946-4663); Write to P.O. Box 816029, Dallas, Texas, 75381-6029; or visit www.whofoundation.org.

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