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## **Sweet Dreamzzz Receives Grant from Ronald McDonald House Charities**

Farmington Hills, MI, May 18, 2009: Sweet Dreamzzz, Inc. located in Farmington Hills received a grant for \$10,329 from Ronald McDonald House Charities (RMHC) of Southeastern Michigan, along with a matching grant from National RMHC. The grants will be used to educate metro-Detroit children on the importance of sleep through the R.E.M. (Rest. Educate. Motivate.) Sleep Program, and to provide the at-risk children with bedtime essentials.

Sweet Dreamzzz, a non-profit organization, administers the R.E.M. Sleep Program with the belief that well-rested children are better prepared for classroom learning. It is a unique program that deals with nighttime - a time period in a child's life that is rarely addressed. The program is twofold, bringing both warmth and comfort to the children as well as vital information they need to ensure a good nights rest. The R.E.M. Sleep Program starts with a 30-minute presentation educating the children on the importance of sleep and good sleep hygiene habits. After the presentation, each child receives a sleep kit consisting of a sleeping bag, a backpack filled with a nightshirt, socks, toothbrush, toothpaste, stuffed animal, a R.E.M. activity book, and crayons.

RMHC is dedicated to improving the quality of children's lives worldwide. The organization helps young people lead healthier, happier and more productive lives by funding programs in the areas of health care and medical research; education and the arts' and social and civic concerns.

Sherill School in Detroit was the first recipient of the R.E.M. Sleep Program with the RMHC grant money on May 12, where 474 children learned all about how to get ready for bed. On May 28 Mann Elementary School will also receive the program. Several other metro-Detroit schools are scheduled in the fall of 2009. To date, Sweet Dreamzzz has been able to serve over 25,000 children. For information on how you can help by volunteering or organization collections for Sweet Dreamzzz call the office at 248-478-3242 or visit [www.sweetdreamzzzdetroit.org](http://www.sweetdreamzzzdetroit.org).

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