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SWEET DREAMZZZ 5.4K SLEEPWALK RUN RAISES OVER \$8,000 TO HELP AT-RISK CHILDREN

(FARMINGTON HILLS, Mich.) October 1, 2009 — Sweet Dreamzzz, Inc., a Farmington Hills based non-profit organization which provides sleep education and bedtime essentials to at-risk children in Southeast Michigan, raised over \$8,000 at its third annual 5.4K Sleepwalk Run on Saturday, September 26 at Farmington's Shiawassee Park.

The 5.4 K run represented the 540 minutes of sleep that a child needs each night. Each participant received a sleepwalk t-shirt, food and beverages. Event sponsors included Bosco's Pizza Company, Design Systems, Inc., Health Alliance Plan, Marti Gilchrist, Shaklee, McCarthy & Smith, and Watch Me Grow Pediatrics. Several local businesses donated prizes, refreshments, advertising, and volunteers including, Absopure Plastipak, New Balance, Panera, Papa John's Pizza (Adrian Owens), Detroit Metal Market, Toshiba Business Systems, and many more. A special thanks goes out to Girl Scout Troop #2386 who cooked the pizza at Papa Johns and served the refreshments to everyone at the event.

Health and fitness expert Peter Nielsen started the run with a motivating message and warm-up tips. The winners of the 5.4K run were: Boys 6-10 - Nicolas Swords, Boys 11-14 - Joe Soave, Girls 11-14 - Nora O'Malley, Men 18+ Mike Long, Women 18+ Theresa Overwater, Men 30+ Lee Romero, Women 30+ Patricia Tawney, Seniors: Men - Hal Lawton, Women - Angie Danielewicz.

Sweet Dreamzzz, Inc., with the assistance of the National Center on Sleep Disorders Research, developed the Rest. Educate. Motivate. (R.E.M.) Sleep Program, designed to educate at-risk children on the benefits of healthy sleep habits. Sleeper Teachers at Sweet Dreamzzz teach vulnerable children throughout Metropolitan Detroit healthy sleep habits so that they get a good night's sleep and are able to perform better in school and in day-to-day life. Students attending a program receive a R.E.M. Sleep Program activity book and a sleep kit containing a sleeping bag, nightshirt, toothbrush, toothpaste and other bedtime essentials. To date, more than 25,000 local children have benefited from the efforts of Sweet Dreamzzz.

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