James A. Rowley, MD
President
AASM Foundation
2510 North Frontage Road
Darien, IL 60561

Dr. Rowley and AASM Foundation Members:

On behalf of our Board and staff, thank you for celebrating and supporting Sweet Dreamzzz, Inc. with the American Academy of Sleep Medicine Foundation 2020 Sleep Champion Award! We are thrilled and honored to be recognized, but more importantly, we are eager to put your generous funds to good use.

Healthy sleep is key to children's physical, cognitive, and emotional development, but for many students, it's a basic need that often goes unmet. For nearly 20 years, Sweet Dreamzzz has been striving to improve children's health, well-being, and academic performance by providing sleep education and bedtime essentials to economically disadvantaged students and their families. This $5,000 award will allow us to continue develop and deliver programming that empowers children with the sleep awareness, practical bedtime materials, and adult support necessary to follow a healthy bedtime routine and sleep well each night.

Whether we're visiting an elementary school to teach students and parents how much sleep children need, or we're facilitating a professional development seminar to train Head Start teachers to incorporate two weeks of sleep health lessons into their classroom curriculum, or we're providing low-income students with blankets, books, toothbrushes, and toothpaste so that financial strains don't prevent them from practicing healthy sleep habits, we know that our programs are allowing children to get the sleep they need to be healthy, happy, and ready to learn.

We so appreciate the continued support and guidance of AASM Foundation. We promise to continue to champion sleep health with children, parents, caregivers, and educators, because every child deserves a chance to reap the benefits of a good night's sleep.

Sincerely,

Louise M. Derry

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