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SLEEP ON THIS

Welcome to the inaugural issue of *Sleep On This*, our quarterly newsletter!

We're excited to meet you! In *Sleep on This*, we'll cover topics such as the latest Dreamerz news, healthy sleep tips, what we're reading, and feature you. Yes, we want to feature you in our newsletter! If you have a story you want to share with the Dreamerz community (it could be about your favorite bedtime ritual, the activity you were able to do because you finally got some sleep, your favorite book, anything!), [send it our way](#) with your picture and you might just be the next face in our newsletter.

We hope you enjoy hearing from us as much as we enjoy hearing from you. Share your [feedback!](#)

Sweet Dreams,

Amanda, Heidi and Maureen



Introducing Dreamerz Divine Sleep Treats

Try our new *Chocolate Pillows* and *Relaxing Fruit-Flavored Mixes*

The Dream Team has been hard at work developing two exciting new products designed just for you! Formulated to be part of a healthy bedtime ritual, anytime and anywhere bedtime may be, we are proud to announce the arrival of our [Divine Chocolate Pillows](#) and our [Relaxing Fruit-Flavored Mixes](#).

Dreamerz Chocolate Pillows have only 50 calories per serving, less caffeine than a cup of decaf coffee and are made with premium Guittard® chocolate (milk or dark).



Our Fruit- Flavored Mixes come in three fruit-kissed flavors (Pomegranate Pillows, Peaches & Dreams and Rock-a-bye Berry), are only 30 calories, naturally caffeine free and can be enjoyed hot or cold.



Visit us at our newly launched website www.dreamerz.com and try Dreamerz tonight! You can purchase directly from [our online store](#).

BedTime Stories

At Dreamerz we love a good bedtime story, and particularly enjoy sharing fantastic stories with our friends and family. Here's what we're reading in the Dreamerz office.



Banker to the Poor by Muhammad Yunus

Jill, Associate Brand Manager: I am currently reading Muhammad Yunus' first book on starting the Grameen Bank. It's about the evolution of microfinance and how scalable it is in today's globally connected society. If you're interested in learning more about how every day people can have a massive impact on the alleviation of poverty, I highly recommend this book. If you want to get involved, go to <http://www.kiva.org/> and you can choose an entrepreneur to sponsor for as little as \$25!

Kabul Beauty School by Deborah Rodriguez

Heidi, Director of Marketing: Kabul Beauty School takes you down the path of an incredibly passionate American woman (an entrepreneur like us!) who is determined to find a way to provide education and opportunities for her peers in Kabul. This is a must read for anyone looking for a glimpse into real life outside of your day to day, a way to be motivated to help woman abroad and a reconnection to small indulgences through communities of women.

The Shadow Catcher by Marianne Wiggins

Amanda, Co-Founder and CEO: My book club read this in February and I loved it! The narrative is interwoven between contemporary L.A. and the turn of the twentieth century life of the famous photographer Edward Curtis. The writing is brilliant and draws you into the characters and the surprising twists of Curtis' life.

How Did You Sleep Last Night?

According to the National Sleep Foundation, not very well.

A study released during National Sleep Awareness Week showed that nearly 3 in 10 workers have become very sleepy, or even fallen asleep, at work in the past month.

The survey covered topics such as how often respondent's report getting a good night's sleep, impact of sleepiness on work, drowsy driving, and sleep and relationships. The results support something we probably all already know – we're not getting enough sleep! To see the survey results, visit the [National Sleep Foundation](#).

We all know how lack of sleep impacts our daily lives, but did you know that not getting enough sleep puts you at higher risk for depression, obesity, diabetes, high blood pressure and heart attacks? For easy tips on getting a healthier night of sleep tonight, [check out our sleep tips!](#)