



# **My Very Own Bed**

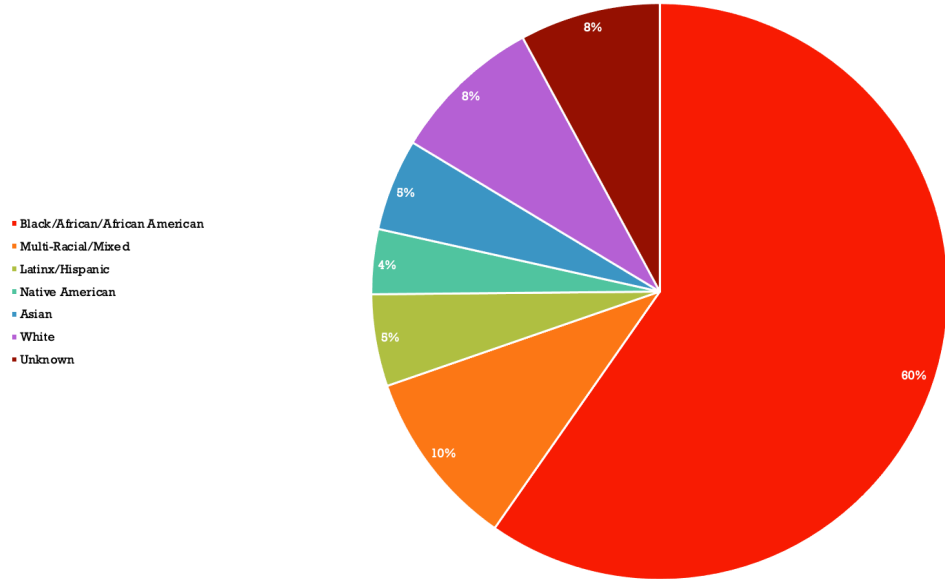
**Impact 9 Month Survey**

**In the first 9 months of 2021, we delivered 793 Beds to 330 Families throughout the Metro Area:**

<b>Row Labels</b>	<b>Beds Per City</b>
Andover	1
Anoka	4
Apple Valley	1
Blaine	2
Bloomington	18
Brooklyn Park	15
Circle Pines	1
Columbia Heights	1
Coon Rapids	4
Crystal	3
Eden Prairie	3
Excelsior	1
Fridley	1
Hopkins	2
Maple Grove	5
Maplewood	4
Minneapolis	142
New Hope	2
North Oakdale	1
North St. Paul	1
Plymouth	5
Richfield	4
Robbinsdale	3
Sauk Rapids	1
South St. Paul	1
St Cloud	1
St. Francis	2
St. Louis Park	6
St. Paul	88
Watertown	1
White Bear Lake	1
Unknown	5
<b>Grand Total</b>	<b>330</b>

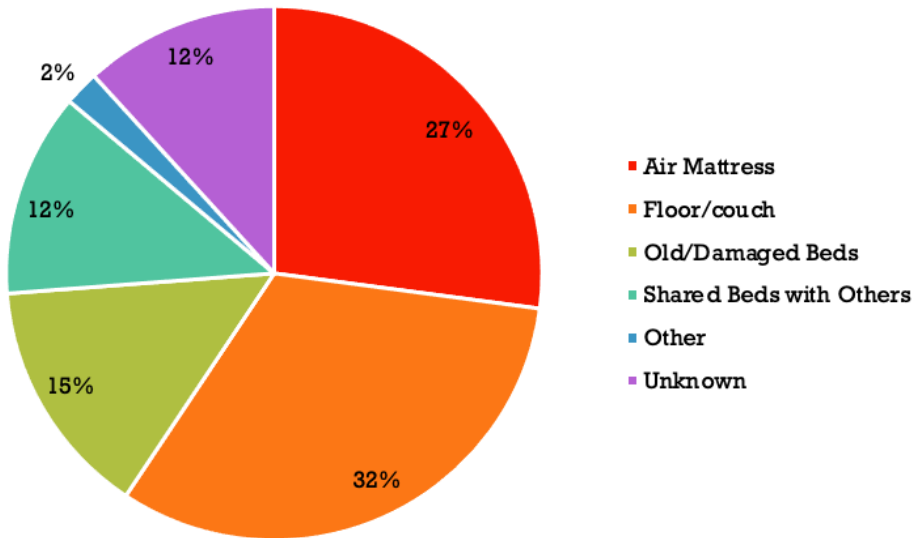
**Demographics:**

- ★ 204 (62%) families experienced homelessness in the last year
- ★ 259 (78%) families were single-parent led, 245 (74%) led by single moms.
- ★ 92% of families self-identified their racial identity as



**Prior Sleeping Arrangements:**

- ★ Before receiving the beds, children slept,



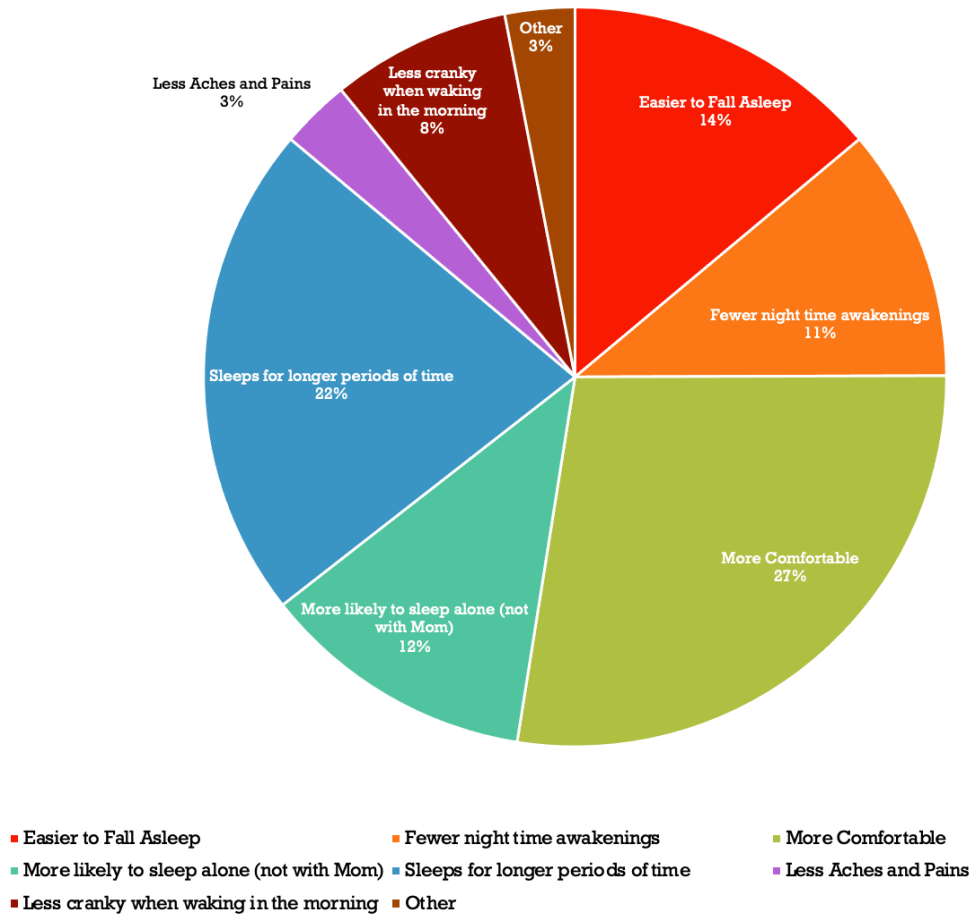
128 families (38%) completed the survey on the impact of the beds in the home 4-8 weeks after delivery.

**Stability:**

- ★ 96% (121) of families were still living in the home where beds were delivered
- ★ 97% of the children were still sleeping in their new bed.

**Sleep Improvements:**

Families report that 87% of the children were sleeping better, including:

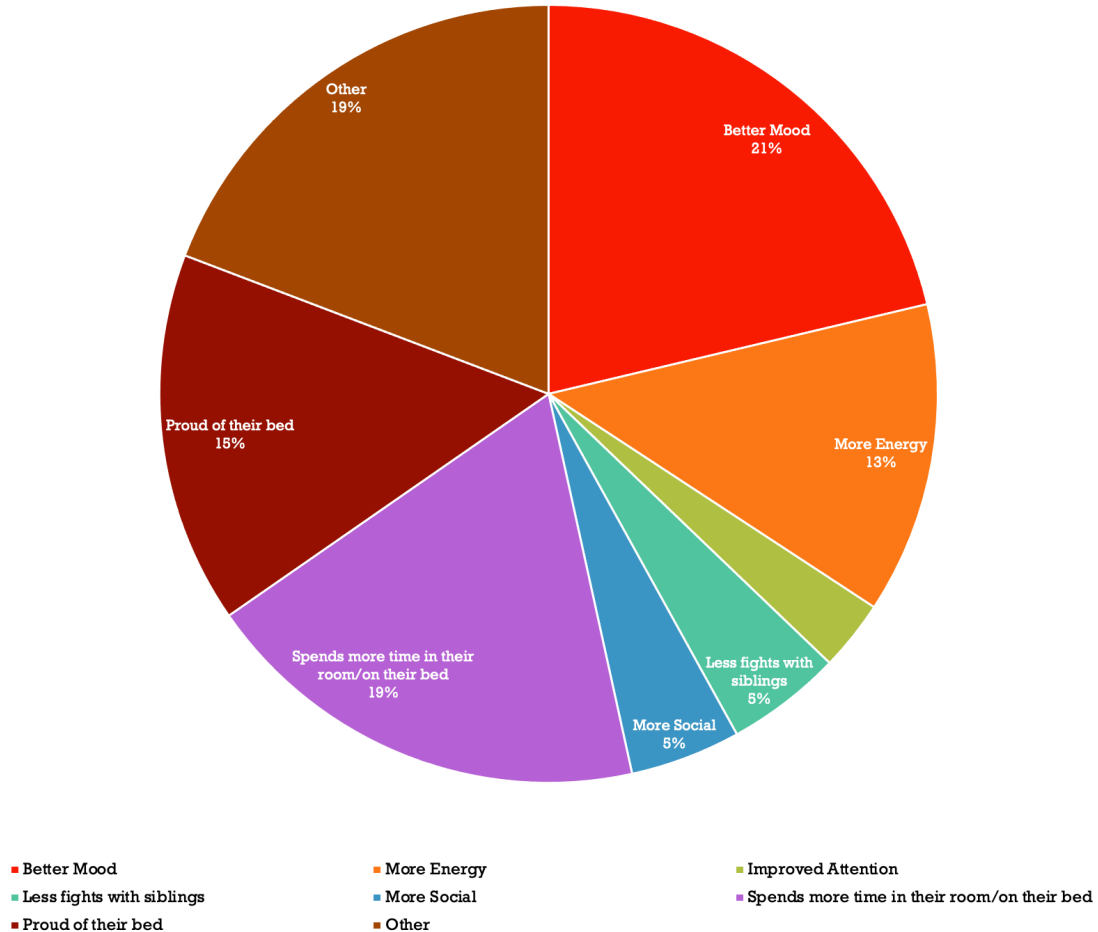


★ Parents also commented:

- *My child sleeps in their bed now that they have everything on their bed and now they read books and no longer use their phone in bed !*
- *My child goes to bed during the day when they get tired; they even put themselves to sleep for a nap.*
- *My child struggled with anxiety and night-time wakings, that has now decreased.*
- *My child has a medical condition so it can be hard for him to sleep, but he is doing better.*

## Behavior Changes:

Families noticed positive behavior changes in 67% of children, including:

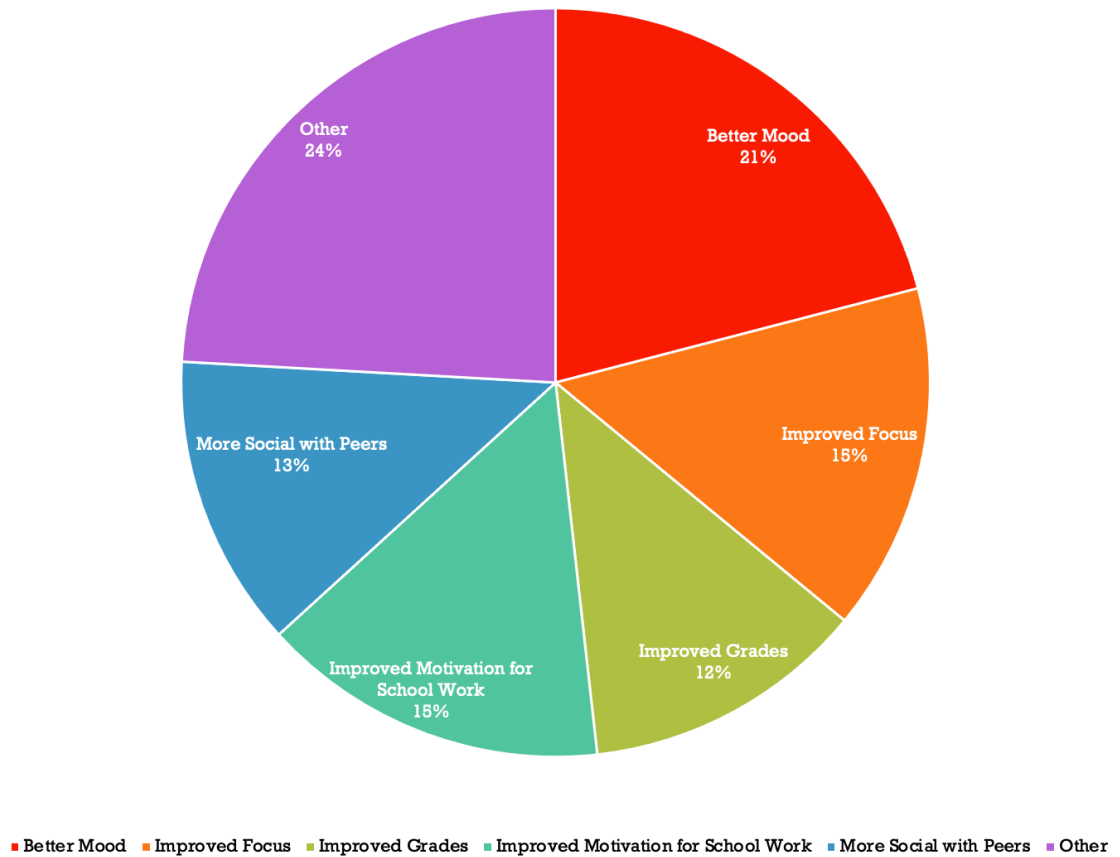


### ★ Parents also commented:

- *If my child doesn't get enough sleep, they get angry. So their bed has made a major change. They have more energy, They aren't as grumpy or mean to other people. They are ready to go and are more helpful.*
- *They loved their theme ! Reading is huge in our family and we have tons of books and we are so proud of the books, my children loved the books, and are even stealing the books from each other. They love the books, the stuffed animals get hugged everyday!*
- *My child used to sleep with their older siblings, however now that they each have their own beds, they have more space to themselves and get along better.*

## School Performance:

Families noticed that 55% of children experienced positive changes in their school performance, including



### ★ Parents also commented

- *My child has always been good at school but before receiving the bed they were more isolated. Since they got the bed, I have noticed my child is more social.*
- *They are ready to start their day and the drop off at daycare is easier!*
- *In daycare, they barely had bad days and is receiving high marks from teachers and is getting up more easily for school*
- *They are eager to go to school and like to get their homework done; having their room set up makes a difference!*
- *I am homeschooling, and they are able to pay better attention.*

## **Families also commented:**

- ★ *My child loves the teddy bears, the older kids don't care much for the bears, but they love the books! My child loved their sheets, my kids are so appreciative and so am I!*
- ★ *They were very prompt and volunteers were so helpful and my kids enjoyed not only receiving the beds and the stuffed animals and the books, my child sleeps with the stuffed animal every night and we are so appreciative*
- ★ *It was a pleasure to get the books from you guys, they love them!*
- ★ *It's really great and I'm always thankful and my child is so excited and they are always happy now that they have their own bed. You guys helped me a lot.*
- ★ *They've been loving having their own bed and their own pillow. They put their beds together and they fell in love with their room!*
- ★ *The waterproof mattress pads are great. Everything was great. The bedding, the pillow, the teddy bears!*
- ★ *It gives a child a different experience when they have their own things and are not sharing things. It gives them their own identity.*
- ★ *My kids are so much happier and thankful for you all for helping us get the beds we really appreciate it !*