

## House Resolution 962

By: Representatives Benfield of the 85<sup>th</sup>, Oliver of the 83<sup>rd</sup>, Drenner of the 86<sup>th</sup>, Gardner of the 57<sup>th</sup>, Morgan of the 39<sup>th</sup>, and others

## A RESOLUTION

- 1 Recognizing National Sleep Awareness Week; and for other purposes.
- 2 WHEREAS, National Sleep Awareness Week will be observed March 28 through April 3,  
3 2005, and will explore the theme "Sleep for Success"; and
- 4 WHEREAS, National Sleep Awareness Week is a major public awareness campaign  
5 sponsored by the National Sleep Foundation to promote the importance of quality sleep to  
6 health, productivity, and safety; and
- 7 WHEREAS, sleep deprivation and sleep disorders are major public health problems  
8 confronting the American public which have not been adequately addressed by the medical  
9 profession; and
- 10 WHEREAS, the National Sleep Commission estimated that 40 million Americans suffer  
11 from undiagnosed and untreated, or misdiagnosed and mistreated, chronic sleep disorders;  
12 and
- 13 WHEREAS, sleep apnea is now recognized as a major reversible, underrecognized, and  
14 undertreated illness which is a major cause of many common health conditions, resulting in  
15 thousands of motor vehicle accidents and injuries; and
- 16 WHEREAS, the absence of awareness of these problems relating to sleep is so pervasive and  
17 the consequences are potentially so dire as to constitute a national emergency in the opinion  
18 of some experts; and
- 19 WHEREAS, National Sleep Awareness Week was initiated to provide the American public  
20 with information about the benefits of the research knowledge accumulated in the field of  
21 sleep, an effort which can save lives; and

1 WHEREAS, National Sleep Awareness Week provides a focus of activity involving the  
2 National Sleep Foundation, its sponsors, the media, and thousands of citizens across the  
3 country who commit to "Wake America to the Importance of Sleep"; and

4 WHEREAS, all citizens can take a simple seven question sleep test posted on the website  
5 <http://www.stanford.edu/~dement/epworth.html> to assess the risk of sleep disorders for  
6 themselves and for their loved ones; and

7 WHEREAS, in the interest of longevity, efficiency, and happiness, it is of the utmost  
8 importance for all members of the public to consult their doctors if they are a member of the  
9 one-half of the United States population suffering from a degree of sleep deprivation.

10 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that  
11 the members of this body recognize the observance of National Sleep Awareness Week,  
12 March 28 through April 3, 2005, and express their support for the worthy goals and  
13 objectives of the National Sleep Foundation on behalf of the health and safety of the  
14 American public.

15 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized  
16 and directed to transmit an appropriate copy of this resolution to the National Sleep  
17 Foundation.