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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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HOUSE RESOLUTION

No. 184 Session of  
2017

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INTRODUCED BY DONATUCCI, BAKER, WATSON, FREEMAN, TOOHL, ROZZI,  
SCHLOSSBERG, DIGIROLAMO, SONNEY, DUSH, DRISCOLL, BIZZARRO,  
WARREN, HENNESSEY, McNEILL, CALTAGIRONE, MILLARD, WARD,  
PASHINSKI, DAVIDSON, BURNS, KINSEY, ROEBUCK, SCHWEYER,  
LONGIETTI, SOLOMON, W. KELLER, READSHAW, NEILSON, D. COSTA,  
O'BRIEN, MARSICO AND GILLEN, MARCH 23, 2017

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INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,  
MARCH 23, 2017

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A RESOLUTION

1 Designating the month of May 2017 as "Sleep Apnea Awareness  
2 Month" in Pennsylvania.

3 WHEREAS, The National Sleep Foundation reports that more than  
4 18 million American adults have sleep apnea; and

5 WHEREAS, Approximately 2% to 3% of American children suffer  
6 from sleep apnea, and symptoms in children differ from those in  
7 adults; and

8 WHEREAS, Children with sleep apnea generally have the  
9 following symptoms: longer total sleep time, more effort in  
10 breathing, hyperactivity, inattention, irritability, bed-  
11 wetting, morning headaches and failure to grow and gain weight;  
12 and

13 WHEREAS, Sleep apnea is a sleep disorder in which a person  
14 has shallow breaths or one or more pauses in breathing while  
15 sleeping, which can last from a few seconds to a few minutes and

1 can occur 30 times or more per hour; and

2 WHEREAS, There are three types of sleep apnea: obstructive,  
3 central and mixed; and

4 WHEREAS, Obstructive sleep apnea is the most common type of  
5 sleep apnea and occurs when the soft tissue in the rear of the  
6 throat closes during sleep, resulting in blocked airways; and

7 WHEREAS, Central sleep apnea is less common and occurs when  
8 the brain fails to signal the muscles used to breathe; and

9 WHEREAS, Mixed sleep apnea is a combination of obstructive  
10 and central sleep apneas; and

11 WHEREAS, Symptoms of sleep apnea include: loud snoring,  
12 obesity, persistent daytime sleepiness, awakening out of breath  
13 during the night and waking up in the morning with a dry mouth  
14 or a headache; and

15 WHEREAS, Sleep apnea treatments include the use of a  
16 continuous positive airway pressure device, dental appliances,  
17 repositioning the lower jaw and tongue, and upper airway surgery  
18 to remove tissue in the airway; and

19 WHEREAS, Those who suffer from sleep apnea can reduce the  
20 severity of the disorder by losing weight, avoiding alcohol and  
21 quitting smoking; and

22 WHEREAS, Sleep apnea often goes undiagnosed and, if left  
23 untreated, can lead to high blood pressure, heart disease,  
24 stroke, diabetes, depression and other ailments, and automobile  
25 accidents caused by falling asleep at the wheel; therefore be it

26 RESOLVED, That the House of Representatives designate the  
27 month of May 2017 as "Sleep Apnea Awareness Month" in  
28 Pennsylvania; and be it further

29 RESOLVED, That the House of Representatives recognize "Sleep  
30 Apnea Awareness Month" to raise awareness, increase education on

- 1 the long-term effects and encourage those who believe they
- 2 suffer from sleep apnea to seek medical treatment.