
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 111 Session of
2015

INTRODUCED BY WOZNIAK, MAY 5, 2015

INTRODUCED AND ADOPTED, MAY 5, 2015

A RESOLUTION

1 Designating the month of May 2015 as "Sleep Apnea Awareness
2 Month" in Pennsylvania.

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

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

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

12 WHEREAS, Sleep apnea is a sleep disorder where a person has
13 shallow breaths or one or more pauses in breathing while
14 sleeping, pauses which can last from a few seconds to a few
15 minutes and can occur 30 times or more per hour; and

16 WHEREAS, There are three types of sleep apnea: obstructive,
17 central and mixed; and

18 WHEREAS, Obstructive sleep apnea is the most common type of

1 sleep apnea and occurs when the soft tissue in the rear of the
2 throat closes during sleep, resulting in blocked airways; and

3 WHEREAS, Central sleep apnea is less common than obstructive
4 sleep apnea and occurs when the brain fails to signal the muscle
5 to breathe; and

6 WHEREAS, Mixed sleep apnea is a combination of obstructive
7 and central sleep apneas; and

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

12 WHEREAS, Sleep apnea treatments include the use of a
13 continuous positive airway pressure device (CPAP), dental
14 appliances, repositioning the lower jaw and tongue and upper
15 airway surgery to remove tissue in the airway; and

16 WHEREAS, Those who suffer from sleep apnea can reduce the
17 severity of the disorder by losing weight, avoiding alcohol and
18 quitting smoking; and

19 WHEREAS, Sleep apnea often goes undiagnosed, and, if left
20 untreated, can lead to high blood pressure, heart disease,
21 stroke, automobile accidents caused by falling asleep at the
22 wheel, diabetes, depression and other ailments; and

23 WHEREAS, The Pennsylvania Sleep Society is an independent
24 organization of sleep physicians, researchers, technologists and
25 allied health professionals in Pennsylvania; and

26 WHEREAS, The objective of the Pennsylvania Sleep Society is
27 to promote excellence in the areas of sleep research, sleep
28 education and clinical practice; and

29 WHEREAS, The Pennsylvania Sleep Society seeks to represent
30 the Pennsylvania sleep community in the advocacy of public

1 policy issues affecting the profession; and

2 WHEREAS, The Pennsylvania Sleep Society serves as a network
3 for sleep professionals by encouraging communication between all
4 practitioners, researchers and educators involved in the
5 practice of sleep medicine and by maintaining valuable
6 relationships with other allied health professionals and
7 organizations; therefore be it

8 RESOLVED, That the Senate designate the month of May 2015 as
9 "Sleep Apnea Awareness Month" in Pennsylvania; and be it further

10 RESOLVED, That the Senate recognize "Sleep Apnea Awareness
11 Month" to raise awareness of the disorder, increase education on
12 the long-term effects of the disorder and encourage those who
13 believe they suffer from the disorder to seek medical treatment;
14 and be it further

15 RESOLVED, That the Senate recognize the community service and
16 public education efforts of the Pennsylvania Sleep Society in
17 raising sleep apnea awareness in Pennsylvania.