
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 144 Session of
2019

INTRODUCED BY DONATUCCI, HENNESSEY, BIZZARRO, HILL-EVANS,
ISAACSON, BURNS, RYAN, SONNEY, KORTZ, DIGIROLAMO, KENYATTA,
LONGIETTI, KINSEY, HEFFLEY, MILLARD, T. DAVIS, MURT,
CALTAGIRONE, NEILSON, READSHAW, KIRKLAND, FREEMAN, MARKOSEK,
MULLINS AND WARREN, MARCH 13, 2019

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
MARCH 13, 2019

A RESOLUTION

1 Designating the week of March 3 through 10, 2019, as "Sleep
2 Apnea Awareness Week" 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

7 WHEREAS, Sleep apnea in children may be associated with poor
8 growth, a failure to thrive, development issues and behavioral
9 complications; and

10 WHEREAS, Sleep apnea is a sleep disorder in which breathing
11 is briefly and repeatedly interrupted during sleep; and

12 WHEREAS, The three types of sleep apnea are obstructive,
13 central and complex; and

14 WHEREAS, Obstructive sleep apnea is the most common type of
15 sleep apnea and occurs when the muscles that support the soft
16 tissue in the throat temporarily relax, narrowing the airway,

1 and momentarily cut off breathing; and

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

4 WHEREAS, Complex sleep apnea is a combination of obstructive
5 and central sleep apneas; and

6 WHEREAS, Symptoms of sleep apnea include loud snoring,
7 obesity, persistent daytime sleepiness, awakening out of breath
8 during the night and mood and memory issues; and

9 WHEREAS, Sleep apnea treatments include the use of a
10 continuous positive airway pressure device, dental appliances,
11 repositioning the lower jaw and tongue and upper airway surgery
12 to remove tissue in the airway; and

13 WHEREAS, Those who suffer from sleep apnea can reduce the
14 severity of the disorder by losing weight, avoiding alcohol and
15 quitting smoking; and

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

20 RESOLVED, That the House of Representatives designate the
21 week of March 3 through 10, 2019, as "Sleep Apnea Awareness
22 Week" in Pennsylvania; and be it further

23 RESOLVED, That the House of Representatives recognize "Sleep
24 Apnea Awareness Week" to raise awareness, increase education on
25 the long-term effects and encourage those who believe they
26 suffer from sleep apnea to seek medical treatment.