

A RESOLUTION

1 Designating the week of March 11 through 17, 2018, 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, Symptoms in children with sleep apnea differ from
8 those in adults; and

9 WHEREAS, Symptoms of sleep apnea in children generally
10 include longer total sleep time, more effort in breathing,
11 hyperactivity, inattention, irritability, bed-wetting, morning
12 headaches and failure to grow and gain weight; 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
16 can occur 30 times or more per hour; and

17 WHEREAS, The three types of sleep apnea are obstructive,

1 central and mixed; and

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

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

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

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

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

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

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

24 RESOLVED, That the House of Representatives designate the
25 week of March 11 through 17, 2018, as "Sleep Apnea Awareness
26 Week" in Pennsylvania; and be it further

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