
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 177 Session of
2015

INTRODUCED BY DONATUCCI, YOUNGBLOOD, FREEMAN, KINSEY, HENNESSEY, ROZZI, PASHINSKI, V. BROWN, LONGIETTI, MURT, FRANKEL, DAVIS, DRISCOLL, BISHOP, VEREB, KIRKLAND, BAKER, DEAN, DUSH, SONNEY, HARHART, DIGIROLAMO, CALTAGIRONE, BOBACK, THOMAS, KOTIK, WHEELAND, C. PARKER, WATSON, McNEILL, SCHWEYER, ROSS, KILLION, COHEN, READSHAW, DeLUCA, MARKOSEK, MARSICO, D. COSTA, MAJOR, ROEBUCK, MAHONEY, GIBBONS, GROVE, GINGRICH, GILLEN AND BRADFORD, MARCH 24, 2015

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
MARCH 24, 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 more than
4 18 million American adults have sleep apnea; and

5 WHEREAS, About 2% to 3% of American children suffer from
6 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

1 sleeping, which can last from a few seconds to a few minutes and
2 can occur 30 times or more per hour; and

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

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

8 WHEREAS, Central sleep apnea is less common than obstructive
9 sleep apnea and occurs when the brain fails to signal the
10 muscles to breathe; and

11 WHEREAS, Mixed sleep apnea is a combination of obstructive
12 and central sleep apneas; and

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

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

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

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

28 RESOLVED, That the House of Representatives designate the
29 month of May 2015 as "Sleep Apnea Awareness Month" in
30 Pennsylvania; and be it further

1 RESOLVED, That the House of Representatives recognize "Sleep
2 Apnea Awareness Month" to raise awareness of the disorder,
3 increase education on the long-term effects of the disorder and
4 encourage those who believe they suffer from the disorder to
5 seek medical treatment.