

THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 884 Session of 2015

INTRODUCED BY DONATUCCI, PICKETT, HENNESSEY, COHEN, TOOHL, WATSON, VEREB, ROZZI, KAVULICH, DUSH, SONNEY, HEFFLEY, MURT, McNEILL, SCHLOSSBERG, FREEMAN, BOYLE, KIRKLAND, BAKER, DAVIS, YOUNGBLOOD, DIGIROLAMO, J. HARRIS, DERMODY, ROSS, KINSEY, D. COSTA, READSHAW, MILLARD, WHEELAND, PAYNE, WARD, LONGIETTI, W. KELLER, MARSICO, MAJOR, R. BROWN, GIBBONS, M. DALEY AND ROEBUCK, MAY 16, 2016

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35, MAY 16, 2016

A RESOLUTION

1 Designating the month of May 2016 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
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 than obstructive
8 sleep apnea and occurs when the brain fails to signal the
9 muscles to breathe; and

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

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

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

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

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

27 RESOLVED, That the House of Representatives designate the
28 month of May 2016 as "Sleep Apnea Awareness Month" in
29 Pennsylvania; and be it further

30 RESOLVED, That the House of Representatives recognize "Sleep

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