
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 31 Session of
2017

INTRODUCED BY KILLION, AUMENT, BREWSTER, BROWNE, COSTA,
DINNIMAN, FONTANA, GREENLEAF, MARTIN, MCGARRIGLE, RAFFERTY,
SABATINA, SCAVELLO, VULAKOVICH AND WHITE, FEBRUARY 8, 2017

INTRODUCED AND ADOPTED, FEBRUARY 8, 2017

A RESOLUTION

1 Recognizing the week of March 5 through 12, 2017, as "Sleep
2 Awareness Week" in Pennsylvania.

3 WHEREAS, "National Sleep Awareness Week," taking place March
4 5 through 12, 2017, is an annual public education and awareness
5 campaign to promote the importance of sleep; and

6 WHEREAS, Numerous Americans suffer from sleep loss and do not
7 get a sufficient amount of sleep; and

8 WHEREAS, Americans should be aware that sleep is an important
9 component of their health and safety; and

10 WHEREAS, The lack of quality sleep leads to fatigue and
11 diminishes a person's ability to stay alert; and

12 WHEREAS, Public awareness of the signs and symptoms of sleep
13 disorders is important in seeking effective treatment; and

14 WHEREAS, The week of March 5 through 12, 2017, ends with the
15 start of daylight savings time, where Americans lose one hour of
16 sleep; therefore be it

17 RESOLVED, That the Senate recognize the week of March 5

1 through 12, 2017, as "Sleep Awareness Week" in Pennsylvania.