
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 721 Session of
2020

INTRODUCED BY DONATUCCI, KIM, SCHMITT, BIZZARRO, WARREN, KORTZ,
HENNESSEY, SCHLEGEL CULVER, MURT, MILLARD, BROOKS AND
LONGIETTI, FEBRUARY 4, 2020

REFERRED TO COMMITTEE ON HEALTH, FEBRUARY 4, 2020

A RESOLUTION

1 Designating the week of March 1 through 8, 2020, as "Sleep Apnea
2 Awareness Week" in Pennsylvania.

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

5 WHEREAS, The National Sleep Foundation reports that more than
6 18 million American adults have sleep apnea; and

7 WHEREAS, Approximately 2% to 3% of American children suffer
8 from sleep apnea; and

9 WHEREAS, Sleep apnea in children may be associated with poor
10 growth, a failure to thrive, development issues and behavioral
11 complications; 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,
17 and momentarily cut off breathing; and

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

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

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

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

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

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

19 RESOLVED, That the House of Representatives designate the
20 week of March 1 through 8, 2020, as "Sleep Apnea Awareness Week"
21 in Pennsylvania; and be it further

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