

House Concurrent Resolution No. 83

99TH GENERAL ASSEMBLY

INTRODUCED BY REPRESENTATIVE FREDERICK.

6252H.01I

D. ADAM CRUMBLISS, Chief Clerk

1 **WHEREAS**, "National Sleep Awareness Week," which takes place the week preceding
2 the second Sunday of March, is an annual public education and awareness campaign to raise
3 awareness for the health benefits of sleep and its importance to safety and productivity; and

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5 **WHEREAS**, an estimated 50-70 million Americans suffer from insufficient or poor
6 quality of sleep; and

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8 **WHEREAS**, sleep loss may be caused by broad scale societal factors, but sleep disorders
9 such as insomnia or obstructive sleep apnea also play an important role; and

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11 **WHEREAS**, sleep loss can cause fatigue, excessive sleepiness, motor vehicle crashes,
12 work place accidents, occupational errors, and is linked to chronic diseases such as hypertension,
13 diabetes, depression, heart disease, and ADHD in children; and

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15 **WHEREAS**, the National Traffic Safety Administration estimates 100,000 police-
16 reported crashes every year are the direct result of driver fatigue, causing 1,550 deaths, 71,000
17 injuries, and \$12.5 billion in monetary losses; and

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19 **WHEREAS**, the Sleep Awareness Week ends with clock change on the second Sunday
20 of March, when Americans lose one hour of sleep to Daylight Savings Time; and

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22 **WHEREAS**, that week will be used to spread awareness about insufficient sleep and
23 sleep disorders, the effect they have on American health, symptoms of various sleep disorders,
24 and the diagnosis process and treatment options available; and

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26 **WHEREAS**, many states, including Michigan, Pennsylvania, Colorado, Massachusetts,
27 have passed bills recognizing Sleep Awareness Week to increase awareness, education, and
28 treatment for sleep loss; and

29 **WHEREAS**, adolescents need nine to nine and a half hours of sleep per night, but often
30 do not get this much sleep due to academic and extracurricular demands; and

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32 **WHEREAS**, sleep deprivation has been found to be associated with poor emotional self-
33 control, impulsivity, irritability, depression, anxiety, and decrease in cognitive function; and

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35 **WHEREAS**, depression and suicide in adolescents has increased significantly in recent
36 years:

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38 **NOW THEREFORE BE IT RESOLVED** that the members of the House of
39 Representatives of the Ninety-ninth General Assembly, Second Regular Session, the Senate
40 concurring therein, hereby designate the week preceding the second Sunday in March as
41 "National Sleep Awareness Week" in Missouri; and

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43 **BE IT FURTHER RESOLVED** that the school districts in this state consider evaluating
44 the demands on students, assess the amount of sleep students are getting, and take necessary
45 action to reduce academic and extracurricular loads as needed; and

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47 **BE IT FURTHER RESOLVED** that the Chief Clerk of the Missouri House of
48 Representatives be instructed to prepare a properly inscribed copy of this resolution for the
49 Governor and the superintendent of each Missouri school district.

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