
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 768 Session of
2014

INTRODUCED BY DONATUCCI, READSHAW, DiGIROLAMO, CALTAGIRONE,
HENNESSEY, McGEEHAN, LUCAS, MAJOR, COHEN, STERN, PASHINSKI,
FREEMAN, THOMAS, LONGIETTI, SONNEY, YOUNGBLOOD, SCHLOSSBERG,
BAKER, KIRKLAND, O'BRIEN, MICOZZIE, P. DALEY, MCNEILL, KORTZ,
ROCK, MILLARD, KAVULICH, GRELL, MIRABITO, WATSON, MATZIE,
ROSS, BROWNLEE, MARSICO, FLECK, BIZZARRO, FRANKEL, MILNE,
ROEBUCK, GOODMAN, V. BROWN, DeLUCA, GINGRICH, GROVE, BISHOP
AND MURT, APRIL 7, 2014

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
APRIL 7, 2014

A RESOLUTION

1 Designating the month of May 2014 as "Sleep Apnea Awareness
2 Month" in Pennsylvania.

3 WHEREAS, The National Sleep Foundation reports that 18
4 million American adults have sleep apnea; and

5 WHEREAS, About 2% of American children suffer from sleep
6 apnea, and symptoms in children differ from those in adults; and

7 WHEREAS, Children with sleep apnea generally have the
8 following symptoms: longer total sleep time, more effort in
9 breathing, hyperactivity, inattention, irritability, bed-
10 wetting, morning headaches and failure to grow and gain weight;
11 and

12 WHEREAS, Sleep apnea is a sleep disorder in which a person
13 has shallow breaths or one or more pauses in breathing while
14 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 (CPAP), dental
18 appliances, repositioning the lower jaw and tongue and upper
19 airway surgery 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, automobile accidents caused by falling asleep at the
26 wheel, diabetes, depression and other ailments; therefore be it

27 RESOLVED, That the House of Representatives designate May
28 2014 as "Sleep Apnea Awareness Month" in Pennsylvania; and be it
29 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.