
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 34 Session of
2015

INTRODUCED BY PILEGGI, AUMENT, BOSCOLA, BREWSTER, COSTA,
DINNIMAN, FARNESE, FONTANA, GREENLEAF, HAYWOOD, HUGHES,
KITCHEN, RAFFERTY, SCARNATI, SMITH, WHITE AND WOZNIAK,
MARCH 2, 2015

INTRODUCED AND ADOPTED, MARCH 2, 2015

A RESOLUTION

1 Recognizing the week of March 2 through 8, 2015, as "Sleep
2 Awareness Week" in Pennsylvania.

3 WHEREAS, "National Sleep Awareness Week," which takes place
4 March 2 through 8, 2015, is an annual public education and
5 awareness 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 2 through 8, 2015, ends with the
15 clock change to daylight savings time, where Americans lose one
16 hour of sleep; therefore be it

17 RESOLVED, That the Senate recognize the week of March 2

1 through 8, 2015, as "Sleep Awareness Week" in Pennsylvania.