
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 269 Session of
2013

INTRODUCED BY DONATUCCI, MICOZZIE, COHEN, SONNEY, V. BROWN,
D. COSTA, KOTIK, CALTAGIRONE, HENNESSEY, MILLARD, YOUNGBLOOD,
READSHAW, KAVULICH, CRUZ, VEREB, MAJOR, ROZZI, BROWNLEE,
HARHART, GIBBONS, ROSS, WATSON, BOBACK, KORTZ, BAKER,
MAHONEY, PARKER, HESS, DeLUCA, O'BRIEN, SABATINA, FRANKEL,
GINGRICH, GILLEN, KINSEY, FARRY, SNYDER, P. DALEY, GOODMAN,
KULA, KIRKLAND AND GABLER, APRIL 23, 2013

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
APRIL 23, 2013

A RESOLUTION

1 Designating the month of May 2013 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 where a person has
13 shallow breaths or one or more pauses in breathing while
14 sleeping, pauses which can last from a few seconds to a few
15 minutes and can occur 30 times or more per hour; and

1 WHEREAS, There are three types of sleep apnea: obstructive,
2 central and mixed; and

3 WHEREAS, Obstructive sleep apnea is the most common type of
4 sleep apnea and occurs when the soft tissue in the rear of the
5 throat closes during sleep, resulting in blocked airways; and

6 WHEREAS, Central sleep apnea is less common than obstructive
7 sleep apnea and occurs when the brain fails to signal the muscle
8 to breathe; and

9 WHEREAS, Mixed sleep apnea is a combination of obstructive
10 and central sleep apneas; and

11 WHEREAS, Symptoms of sleep apnea include: loud snoring,
12 obesity, persistent daytime sleepiness, awakening out of breath
13 during the night, waking up in the morning with a dry mouth or a
14 headache; and

15 WHEREAS, Sleep apnea treatments include the use of a
16 continuous positive airway pressure device (CPAP), dental
17 appliances, repositioning the lower jaw and tongue and upper
18 airway surgery to remove tissue in the airway; and

19 WHEREAS, Those who suffer from sleep apnea can reduce the
20 severity of the disorder by losing weight, avoiding alcohol and
21 quitting smoking; and

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

26 RESOLVED, That the House of Representatives designate May
27 2013 as "Sleep Apnea Awareness Month" in Pennsylvania; and be it
28 further

29 RESOLVED, That the House of Representatives recognize "Sleep
30 Apnea Awareness Month" to raise awareness of the disorder,

- 1 increase education on the long-term effects of the disorder and
- 2 encourage those who believe they suffer from the disorder to
- 3 seek medical treatment.