

Senators Whitmer, Richardville, Emmons, Marleau, Hunter, Proos, Anderson, Warren and Brandenburg offered the following resolution:

Senate Resolution No. 17.

A resolution to proclaim March 7-13, 2011, as Sleep Awareness Week in the state of Michigan.

Whereas, Sleep disorders are on the rise with nearly 40 million Americans suffering from a sleep ailment. Obstructive sleep apnea (pauses in breathing while sleeping) is the most common of the sleep disorders which affects about 18 million Americans and possibly the most debilitating condition. Insomnia affects approximately 32 million; narcolepsy, 200,000 Americans, with 50,000 diagnosed; and chronic fatigue syndrome, 500,000 Americans; and

Whereas, With the increase in sleep disorders, there is an increased risk for health issues related to the disorders, some of which could be fatal. Obstructive sleep apnea can cause serious/fatal complications, including hypertension, cardiac problems, weight gain, ADHD in children, diabetes, and accidental death; and

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

Whereas, This week will be used to spread awareness about the disorders, the effect they have on American health, symptoms that can be associated with the various disorders, and the diagnoses process and treatment options available. By raising awareness of sleep disorders, proclaiming this week as Sleep Awareness Week also encourages Americans to seek treatment for sleep-related problems; now, therefore, be it

Resolved by the Senate, That we hereby proclaim March 7-13, 2011, as Sleep Awareness Week. We encourage all citizens to increase awareness, education, and treatment for sleep disorders which each year affect millions of citizens across our country; and be it further

Resolved, That copies of this resolution be transmitted to the Mid-West Center for Sleep Disorders with our highest esteem.