

111TH CONGRESS
1ST SESSION

H. RES. 384

Recognizing the importance of increased awareness of sleep apnea, and for other purposes.

IN THE HOUSE OF REPRESENTATIVES

APRIL 30, 2009

Mr. BILIRAKIS submitted the following resolution; which was referred to the Committee on Energy and Commerce

RESOLUTION

Recognizing the importance of increased awareness of sleep apnea, and for other purposes.

Whereas sleep apnea is a common condition that affects more than 12,000,000 Americans, according to the National Heart, Lung, and Blood Institute at the National Institutes of Health;

Whereas there are several types of sleep apnea that cause people with this condition to repeatedly stop breathing throughout the night, often many times;

Whereas sleep apnea is a chronic condition that disrupts sleep three or more nights each week, leading to excessive daytime sleepiness;

Whereas sleep apnea becomes more common with age, and 1 in 10 people over the age of 65 suffers from it;

Whereas sleep apnea is more common in men than women, and more than half of the people with sleep apnea are overweight;

Whereas sleep apnea can strike anyone, at any age, at any time, including children;

Whereas untreated sleep apnea can lead to high blood pressure, heart attack, stroke, obesity, and diabetes;

Whereas untreated sleep apnea can also increase the chance of having work-related or driving accidents and adversely impact the quality of life of those suffering from this condition in other ways;

Whereas lifestyle changes, mouthpieces, surgery, and/or breathing devices can successfully treat sleep apnea in many people; and

Whereas the lack of public awareness of this serious condition leads to many undiagnosed and untreated cases: Now, therefore, be it

1 *Resolved*, That the House of Representatives—

2 (1) supports raising public awareness of sleep
3 apnea; and

4 (2) encourages all Americans to educate them-
5 selves and others about the consequences of sleep
6 apnea and its potential treatments.

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