

AMENDED IN ASSEMBLY MARCH 23, 1998

CALIFORNIA LEGISLATURE—1997–98 REGULAR SESSION

Assembly Concurrent Resolution

No. 120

Introduced by Assembly Member Honda

(Coauthors: Assembly Members Ackerman, Alquist, Aroner, Baca, Battin, Baugh, Bowen, Brown, Bustamante, Cardenas, Cardoza, Cedillo, Cunneen, Davis, Ducheny, Escutia, Figueroa, Floyd, Frusetta, Gallegos, Havice, Hertzberg, Kaloogian, Keeley, Knox, Kuykendall, Leach, Lempert, Machado, Martinez, Migden, Morrissey, Napolitano, Oller, Ortiz, Pacheco, Perata, Prenter, Shelley, Strom-Martin, Sweeney, Takasugi, Thomson, Torlakson, Villaraigosa, Vincent, Washington, Wayne, Wildman, and Wright

March 12, 1998

Assembly Concurrent Resolution No. 120—Relative to National Sleep Awareness Week.

LEGISLATIVE COUNSEL'S DIGEST

ACR 120, as introduced, Honda. National Sleep Awareness Week.

This measure would proclaim March 30, 1998, to April 5, 1998, as National Sleep Awareness Week.

Fiscal committee: no.

1 WHEREAS, Approximately 40 million Americans
2 suffer from 80 identified sleep disorders, another 20 to 30
3 million Americans suffer intermittent sleep problems

1 related to pain, stress, anxiety, depression, and ailments
2 each year, and the overwhelming majority of sleep
3 disorder sufferers remain undiagnosed and untreated;
4 and

5 WHEREAS, Sleep-related disorders affect members of
6 all races, socio-economic classes, and ages. Over 12 million
7 Americans suffer from sleep apnea, a treatable condition
8 that occurs mostly in middle-aged adults and may affect
9 African-Americans more than whites. Sudden Infant
10 Death Syndrome (SIDS) claims the lives of over 3,000
11 infants each year and is the major cause of death in babies
12 between one month and one year of age. Restless Legs
13 Syndrome, a neurological disorder, affects about 5
14 percent of the population over age 65 years; and

15 WHEREAS, Americans are chronically sleep-deprived.
16 Over 63 million American adults suffer from moderate to
17 severe levels of sleepiness. One in every two adults has
18 trouble sleeping at one time or another—12 percent of all
19 Americans suffer from frequent insomnia. Sleepiness
20 affects vigilance, reaction times, alertness, mood,
21 hand-eye coordination, and the accuracy of short-term
22 memory; and

23 WHEREAS, Numerous studies have concluded that the
24 general public, policymakers, and primary care
25 physicians lack basic sleep knowledge, compromising the
26 health and safety of all Americans. Half of the nation's
27 business travelers suffer from insomnia and do not know
28 how to combat the jet lag that affects their daytime
29 performance. Medical students receive virtually no
30 instruction in basic sleep science during their training;
31 and

32 WHEREAS, Sleepiness, as a result of untreated
33 disorders or sleep deprivation, has been identified as the
34 cause of a growing number of on-the-job accidents. Over
35 25 million Americans have nontraditional work schedules
36 that conflict with their biological clocks. An estimated 36
37 million Americans believe that sleeplessness negatively
38 affects their performance at work. Fatigue was officially
39 cited as a contributing factor in the Three Mile Island
40 nuclear incident, the grounding of the Exxon Valdez in



1 Prince William Sound, and the Challenger Space Shuttle
2 disaster, among other industrial disasters; and

3 WHEREAS, The National Highway Traffic Safety
4 Administration conservatively estimates that 100,000
5 motor vehicle crashes are caused by drowsy drivers each
6 year. These crashes result in over 1,500 fatalities and
7 71,000 injuries. One-third of all Americans admit they
8 have dozed off while driving. The National
9 Transportation Safety Board estimates that 31 percent of
10 all commercial driver fatalities and 58 percent of
11 single-truck crashes are fatigue-related; and

12 WHEREAS, The economic impact of untreated sleep
13 disorders and chronic sleepiness on society is devastating.
14 Sleep deprivation is estimated to cost Americans over
15 \$100 billion annually in lost productivity, medical
16 expenses, sick leave, and property and environmental
17 damage; now, therefore, be it

18 *Resolved by the Assembly of the State of California, the*
19 *Senate thereof concurring,* That the Legislature
20 proclaims March 30, 1998 to April 5, 1998, as National
21 Sleep Awareness Week in California and urges all
22 Americans to recognize the dangers of untreated sleep
23 disorders and the importance of proper sleep to their
24 health, safety, and productivity; and be it further

25 *Resolved,* That the National Sleep Foundation and all
26 of the following organizations join in making the
27 proclamation:

28 (a) AAA Foundation for Traffic Safety.

29 (b) American Association of Motor Vehicle
30 Administrators.

31 (c) American Drivers Training Safety Education
32 Association.

33 (d) American Sleep Apnea Association.

34 (e) American Sleep Disorders Association.

35 (f) Cephalon, Inc.

36 (g) CNS, Inc.

37 (h) United States Department of Labor.

38 (i) McNeil Consumer Products.

39 (j) Narcolepsy Network, Inc.



- 1 (k) National Association of Governors' Highway
2 Safety Representatives.
- 3 (l) National Heart, Lung, and Blood Institute,
4 National Institutes of Health.
- 5 (m) National Center on Sleep Disorders Research,
6 National Institutes of Health.
- 7 (n) National Institute of Nursing Research, National
8 Institutes of Health.
- 9 (o) National Institute on Aging, National Institutes of
10 Health.
- 11 (p) National Institute on Alcohol Abuse and
12 Alcoholism, National Institutes of Health.
- 13 (q) New York State Governor's Traffic Safety
14 Committee.
- 15 (r) Parents Against Tired Truckers.
- 16 (s) Restless Legs Syndrome Foundation.
- 17 (t) Searle.
- 18 (u) Sleep Disorders Dental Society.
- 19 (v) Students Against Destructive Decisions.
- 20 (w) Wyeth-Ayerst.
- 21 (x) Young Americans with Narcolepsy.

