
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 421 Session of
2002

INTRODUCED BY BUTKOVITZ, FEBRUARY 11, 2002

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
FEBRUARY 11, 2002

A RESOLUTION

1 Designating the week of April 7 through 14, 2002, as
2 "Pennsylvania Sleep Awareness Week."

3 WHEREAS, The Commonwealth is proud to join Awake in Philly
4 Community Education Group as it organizes the second annual
5 "Pennsylvania Sleep Awareness Week," April 7 through 14, 2002;
6 and

7 WHEREAS, Numerous studies have concluded that the general
8 public, policymakers and primary care physicians lack basic
9 knowledge about sleep, which compromises the health and safety
10 of everyone; and

11 WHEREAS, Medical students receive on average two hours of
12 instruction in basic sleep science covering more than 80
13 classified sleep disorders, including sleep deprivation; and

14 WHEREAS, Sleepiness as a result of untreated and undiagnosed
15 sleep disorders has been identified as the cause of a growing
16 number of on-the-job accidents; and

17 WHEREAS, At least 25 million Americans have nontraditional

1 work schedules conflicting with their biological clocks, and an
2 estimated 36 million Americans believe sleeplessness negatively
3 affects their performance at work; and

4 WHEREAS, Fatigue was officially cited as a contributing
5 factor in the Three Mile Island nuclear incident, the grounding
6 of the Exxon Valdez in Prince William Sound and the Challenger
7 Space Shuttle disaster, among other industrial disasters; and

8 WHEREAS, Recent studies show that 18 hours of wakefulness is
9 equivalent to having a blood alcohol concentration of .05%; and

10 WHEREAS, Someone who has been awake for 24 hours would have
11 the equivalent of a .10% blood alcohol concentration, the
12 Pennsylvania limit for drivers 21 years of age or older, thus
13 making driving while drowsy equivalent to driving while drunk;
14 and

15 WHEREAS, The National Highway Traffic Safety Administration
16 conservatively estimates that 100,000 motor vehicle crashes are
17 caused by drowsy drivers each year, resulting in more than 1,500
18 fatalities and 71,000 injuries; and

19 WHEREAS, Studies demonstrate that one-third of all Americans
20 have dozed while driving; and

21 WHEREAS, Department of Transportation statistics demonstrate
22 that drowsy drivers were responsible for 2,409 accidents in
23 this Commonwealth during 1998, resulting in 22 fatal crashes;
24 and

25 WHEREAS, On average, there were about 16 traffic accidents
26 each hour in 1998, resulting in 367 people being injured each
27 day; and

28 WHEREAS, The Department of Transportation estimates that the
29 1997 economic loss due to traffic accidents was \$987 to every
30 man, woman and child in this Commonwealth; and

1 WHEREAS, Awake in Philly seeks to begin a dialogue with
2 lawmakers concerning sleep medicine, driving and accidents,
3 workplace rules and health insurance coverage for sleep
4 disorders; and

5 WHEREAS, The societal and economic costs of untreated and
6 undiagnosed sleep disorders and chronic sleepiness are
7 devastating: sleep deprivation and untreated sleep disorders are
8 estimated to cost Americans more than \$100 billion annually in
9 lost productivity, medical expenses, sick leave and property and
10 environmental damage; and

11 WHEREAS, Organizers of 2002 "Pennsylvania Sleep Awareness
12 Week" recognize that education is the foundation of civilized
13 societies and they are committed to educating business,
14 government and the public, creating an awareness of the impact
15 of untreated and undiagnosed sleep disorders; and

16 WHEREAS, During 2002 "Pennsylvania Sleep Awareness Week,"
17 Awake in Philly and other organizations will be sharing
18 information at events in malls and other locations throughout
19 this Commonwealth; therefore be it

20 RESOLVED, That the House of Representatives designate the
21 week of April 7 through 14, 2002, as "Pennsylvania Sleep
22 Awareness Week."