

Substitute for House Resolution No. 40.

A resolution to declare March 17, 2017, as World Sleep Day in the state of Michigan.

Whereas, World Sleep Day is intended to raise awareness of the importance of sleep. It is a call to action to educate the public about the adverse health effects of sleep deprivation and various sleep disorders; and

Whereas, The National Sleep Foundation recommends the following amounts of sleep every night for different age groups:

Newborns (0-3 months): 14-17 hours each day;
Infants (4-11 months): 12-15 hours each day;
Toddlers (1-2 years): 11-14 hours each day;
Preschoolers (3-5): 10-13 hours each day;
School age children (6-13): 9-11 hours each day;
Teenagers (14-17): 8-10 hours each day;
Younger adults (18-25): 7-9 hours each day;
Adults (26-64): 7-9 hours each day;
Older adults (65+): 7-8 hours each day; and

Whereas, Sleep deprivation impairs attention, working memory, decision-making, and long-term memory. It affects people differently depending on age and gender. Sleep deprivation can raise blood pressure, impair immune responses, cause metabolic changes like insulin resistance, reduce cognitive performance, and result in a change of mood. It also impairs vigilance, otherwise known as sustained concentration, which can lead to a decrease in measures of auditory and visuomotor performance, as well as spatial attention, in some individuals. This can be seen in serial addition and subtraction tasks. Chronic sleep deprivation is linked to accelerated aging of the brain and increases the risk of heart attack, stroke, diabetes, obesity, and other serious health conditions; and

Whereas, Sleep deprivation impairs driving ability. In 2013, the National Traffic Safety Administration reported that drowsy driving was responsible for 72,000 crashes, 44,000 injuries, and 800 deaths, while also noting that the number of deaths was underestimated, as it is estimated that there may be up to 6,000 fatal accidents per year related to drowsy driving; and

Whereas, Studies show that income has a positive correlation with quality of sleep; and

Whereas, Sleep deprivation decreases productivity. American companies lose \$63.2 billion every year due to loss of productivity; and

Whereas, Children with sleep deprivation exhibit more behavioral issues and poorer academic performance; and

Whereas, Teenage sleep deprivation impairs concentration and increases the likelihood of poor academic performance, drowsy driving incidents, anxiety, depression, and suicidal thoughts and attempts; and

Whereas, People with sleep deprivation can be more likely to blame others or exhibit hostility, and are sometimes less likely to apologize or offer amends; and

Whereas, Sleep deprivation reduces intimacy among partners, and contributes to problems within relationships due to the increase in stress that it causes; and

Whereas, Various sleep disorders, including narcolepsy, insomnia, and sleep apnea can cause serious health problems; and

Whereas, Narcolepsy increases the risk of obesity as well as injury if a person falls asleep while performing tasks such as driving or preparing food. People with narcolepsy are more likely to withdraw from social situations; and

Whereas, Insomnia increases the risk of heart disease, obesity, high blood pressure, and other serious health problems. It reduces life expectancy, and is more likely to occur as age and stress levels increase; and

Whereas, Sleep apnea increases the risk of high blood pressure, stroke, heart problems, daytime fatigue, diabetes, depression, and other serious health problems; and

Whereas, There are sleep centers accredited by the American Academy of Sleep Medicine that specialize in the diagnosis and treatment of sleep disorders; now, therefore, be it

Resolved by the House of Representatives, That the members of this legislative body declare March 17, 2017, as World Sleep Day in the state of Michigan. It is with great honor and appreciation that we take this time to join other states and nations in expressing our commitment to the importance of getting enough sleep on a nightly basis to ensure our fellow Michiganders are healthy, productive, and prosperous; On this day, we will celebrate and honor sleep awareness in our state, our country, and our world.