

117TH CONGRESS
2D SESSION

H. RES. 984

Recognizing the importance of sleep health and expressing support for the designation of the week of March 13 to March 19, 2022, as “Sleep Awareness Week”.

IN THE HOUSE OF REPRESENTATIVES

MARCH 15, 2022

Mr. RASKIN (for himself, Ms. DEAN, and Mr. BACON) submitted the following resolution; which was referred to the Committee on Energy and Commerce

RESOLUTION

Recognizing the importance of sleep health and expressing support for the designation of the week of March 13 to March 19, 2022, as “Sleep Awareness Week”.

Whereas sleep is essential for health, well-being, and safety;

Whereas advancing advocacy and promotion of evidence-based sleep health practices will improve the general health of the public;

Whereas the COVID–19 pandemic has changed, and in some cases disrupted, individuals’ sleep health and sleep practices;

Whereas the Centers for Disease Control and Prevention advise that most adults need at least 7 hours of sleep per night;

Whereas the Centers for Disease Control and Prevention found in 2016 that more than one-third of all adults in the United States sleep less than 7 hours per night on a regular basis;

Whereas the National Sleep Foundation’s 2020 Sleep in America Poll found that 44 percent of Americans say they feel sleepy between 2 and 4 days per week and 28 percent reporting daytime fatigue 5 days per week;

Whereas numerous studies have found that Black Americans are less likely than their White counterparts to get adequate sleep, and that Black Americans may also be more likely to get lower quality sleep;

Whereas Congress established the National Center on Sleep Disorders Research in 1993 to foster the coordination of sleep and circadian research within the National Institutes of Health and other Federal agencies;

Whereas for over two decades, the National Sleep Foundation has organized Sleep Awareness Week to promote the benefits of healthy sleep and its importance to overall health and well-being; and

Whereas numerous States and organizations across the Nation recognize and participate in Sleep Awareness Week: Now, therefore, be it

- 1 *Resolved*, That the House of Representatives—
- 2 (1) recognizes the importance of sleep health as
- 3 a way to increase overall health and well-being;
- 4 (2) supports the designation of a “Sleep Aware-
- 5 ness Week”;

1 (3) supports the goals and efforts of Sleep
2 Awareness Week;

3 (4) encourages public health officials, health
4 care providers, educators, and parents to do their
5 part to promote adequate sleep;

6 (5) encourages the people of the United States
7 to prioritize their sleep health, practice good habits
8 for sleep health, and discuss their sleep with health
9 care professionals (as needed); and

10 (6) recognizes the continued importance of—

11 (A) policies to improve sleep health; and

12 (B) understanding and reducing sleep
13 health disparities.

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