

105TH CONGRESS
2D SESSION

H. CON. RES. 250

Calling for better awareness and use of federally supported research findings on the social and economic costs of sleep deprivation and sleep disorders.

IN THE HOUSE OF REPRESENTATIVES

MARCH 25, 1998

Mr. DINGELL (for himself, Mr. UPTON, Ms. ESHOO, Mr. LAFALCE, Mrs. LOWEY, Mr. TRAFICANT, Mr. BOUCHER, Mr. MCDADE, Mr. CAMPBELL, Mr. LANTOS, and Mr. FALEOMAVAEGA) submitted the following concurrent resolution; which was referred to the Committee on Commerce

CONCURRENT RESOLUTION

Calling for better awareness and use of federally supported research findings on the social and economic costs of sleep deprivation and sleep disorders.

Whereas the National Sleep Foundation has found that untreated sleep disorders and chronic sleepiness is estimated to cost American families and businesses more than \$100,000,000,000 per year in lost productivity and opportunity;

Whereas sleep deprivation has been identified as the cause or a contributing factor in a growing number of on-the-job industrial accidents;

Whereas the National Highway Traffic Safety Administration estimates that at least 100,000 motor vehicle crashes are

caused by fatigued drivers each year, causing 1,500 fatalities, 71,000 injuries, and \$12,500,000,000 in economic losses;

Whereas national surveys find that 52 percent of all adults report having driven while impaired by drowsiness;

Whereas few States have developed the programs to educate the public about the dangers of sleep deprivation while on the road or at work;

Whereas national surveys show that Americans are chronically sleep deprived, with an estimated 63,000,000 Americans suffering from excessive daytime sleepiness;

Whereas it is estimated that 40,000,000 Americans suffer from sleep disorders, 95 percent of which remain undiagnosed and untreated;

Whereas studies have concluded that the general public, policymakers, and doctors lack basic knowledge about the symptoms of and the social and economic costs of sleep disorders; and

Whereas the National Sleep Foundation is mobilizing an effort to raise public awareness of the public health risks caused by sleep disorders during National Sleep Awareness Week, which is March 30, 1998, through April 5, 1998: Now, therefore, be it

1 *Resolved by the House of Representatives (the Senate*
2 *concurring)*, That the Congress—

3 (1) encourages States and Federal agencies to
4 use federally sponsored research to develop edu-
5 cation programs to raise awareness of health profes-

1 sionals and the public about the dangers of sleep
2 deprivation;

3 (2) calls for additional Federal research that
4 would lead to proper diagnosis and treatment of
5 sleep disorders;

6 (3) urges Federal agencies to help facilitate the
7 education of primary care practitioners in the proper
8 diagnosis and treatment of sleep disorders; and

9 (4) supports educational programs for research-
10 ers, accident investigators and law enforcement offi-
11 cials to identify transportation and workplace acci-
12 dents caused by or related to fatigue or sleep depri-
13 vation.

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