

Bill Foster



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National Sleep Awareness Week

*HON. BILL FOSTER
OF ILLINOIS
IN THE HOUSE OF REPRESENTATIVES
March 6, 2013*

Mr. FOSTER. Mr. Speaker, I rise today on behalf of the millions of Americans affected by sleep disorders and insufficient sleep in observance of National Sleep Awareness Week, March 3rd-10th. National Sleep Awareness Week is a week-long campaign to celebrate and bring awareness to the health benefits of sleep.

I am proud to represent the nation's foremost organization on sleep research, the Sleep Research Society (SRS), which is based in Darien, Illinois. The Sleep Research Society, established in 1961, is composed of scientists whose research contributions extend to all areas of sleep. The SRS promotes continued research and plays an important role in the National Center on Sleep Disorders Research within the National Institutes of Health's National Heart Lung and Blood Institute.

Sleep disorders affect every age group, from infants to the elderly, and are often an indicator of, or a precursor to, other major diseases and disorders. 50-70 million Americans suffer from chronic sleep disorders, while 5% of the population suffers from sleep apnea. Sleep apnea results in excessive daytime fatigue, increased frequency of road traffic accidents, and arterial hypertension. Prior to diagnosis, patients with sleep apnea also tend to incur higher costs in their overall health care.

I urge my colleagues to reflect on the work that needs to be done to ensure that Americans with sleep disorders or suffering from insufficient sleep can expect to see sustained and meaningful improvements in their health and healthcare. I urge my colleagues to stand with me and recognize National Sleep Awareness Week.
