

**From:**

Brian Evans

3146 Waiea Place

Kihei, Hawaii 96753

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(808) 276-1734

**To:**

Governor Nikki R. Haley

1205 Pendleton Street

Columbia, SC 29201

March 22, 2016

**RE: REQUEST FOR SLEEP APNEA AWARENESS PROCLAMATION**

To The Honorable Governor:

As you may know, I have been on a campaign to obtain a "Sleep Apnea Proclamation" from every governor in the United States after losing my own mother to this condition.

Please find enclosed the Proclamations I have received to date.

You are one of the last governor's in the USA to not issue this Proclamation, as I ask that you please take a moment to do so. It could save lives, and makes it so that my mother did not die for nothing.

I enclose a photo of Academy Award winner Jeff Bridges. If you go to his verified Twitter account, you will see him on stage with me specifically announcing, from the stage, his support of my efforts to you here today.

I look forward to receiving a Proclamation. It's important. Learn about Sleep Apnea at [sleepapnea.org](http://sleepapnea.org). Several of the governors who sent me one didn't even know what it was, sending me "Narcolepsy" Proclamations until I explained to them that Sleep Apnea is a different condition altogether.

Regards,

  
Brian Evans



EXIT

nora sta



State of Rhode Island and Providence Plantations  
GUBERNATORIAL PROCLAMATION

**Sleep Apnea Awareness Day**

**WHEREAS**, sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and

**WHEREAS**, *The New England Journal of Medicine* estimates that sleep apnea affects at least nine percent of women and twenty-four percent of men, and sleep apnea results in poor sleep and is the leading cause of excessive, daytime sleepiness; and

**WHEREAS**, physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea; and

**WHEREAS**, many people afflicted by sleep apnea do not know they have it; and

**WHEREAS**, anesthesiologists and pain clinicians are well advised to screen their patients for sleep apnea prior to administering treatment; and

**WHEREAS**, a continuous positive airway pressure device, or CPAP, can be utilized to continually supply pressurized air to an individual's lungs and airway to help treat this condition; and

**NOW, THEREFORE, I, Gina M. Raimondo, Governor of the State of Rhode Island, do hereby proclaim August 24, 2015, as: *Sleep Apnea Awareness Day* in the state and encourage all residents to join me in recognizing the importance of this day.**



Given under my hand and the great seal of the State of Rhode Island and Providence Plantations, this 5<sup>th</sup> day of August, 2015

Gina M. Raimondo  
Governor

Nellie M. Gorbea  
Secretary of State



# State of North Carolina

**PAT McCRORY**  
GOVERNOR

**SLEEP APNEA AWARENESS MONTH**

**2013**

**BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA**

## **A PROCLAMATION**

**WHEREAS**, sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep, most often indicated by loud snoring; and

**WHEREAS**, The New England Journal of Medicine estimates that sleep apnea affects at least 9 percent of women and 24 percent of men, resulting in poor sleep, and is a leading cause of daytime sleepiness; and

**WHEREAS**, if left untreated, sleep apnea could lead to depression, high blood pressure, heart disease, diabetes, fatal car crashes and other life-shortening conditions and circumstances; and

**WHEREAS**, sleep apnea can be treated with positive airway pressure (PAP) therapy, which supplies pressurized air through a breathing mask that prevents the airway from collapsing; and

**WHEREAS**, sleep apnea can create a dangerous situation when diagnosed individuals are administered anesthesia and certain medications, if sedation is required; risks are reduced if patients undergoing PAP therapy bring their own equipment to the hospital, if possible, recovery is carried out in a semi-upright or lateral position and patients are monitored until they are no longer at risk.

**NOW, THEREFORE**, I, Pat McCrory, Governor of the State of North Carolina, do hereby proclaim October 2013, as "SLEEP APNEA AWARENESS MONTH" in North Carolina, and commend its observance to all citizens.

**IN WITNESS WHEREOF**, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this first day of October in the year of our Lord two thousand and thirteen, and of the Independence of the United States of America the two hundred and thirty-eighth.



*Pat McCrory*  
PAT McCRORY  
Governor


  
**STATE OF ILLINOIS**
  
**EXECUTIVE DEPARTMENT**
  
**Proclamation**

**WHEREAS,** sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep; and,

**WHEREAS,** there are two types of sleep apnea: Obstructive sleep apnea and Central sleep apnea; and,

**WHEREAS,** the New England Journal of Medicine estimates that sleep apnea affects at least nine percent of women and twenty-four percent of men; and,

**WHEREAS,** sleep apnea can result in a growing number of health problems including high blood pressure, stroke, heart failure, diabetes, depression, and worsening of ADHD; and,

**WHEREAS,** as a result of many people afflicted by sleep apnea not knowing that they have it, generalists and pain clinicians are well advised to screen their patients for sleep apnea prior to treatment; and,

**WHEREAS,** a continuous positive airway pressure device, or CPAP, can be utilized to continuously supply pressurized air to an individual's lungs and airway to help treat this condition; and,

**THEREFORE,** I, Pat Quinn, Governor of the State of Illinois, do hereby proclaim March 25, 2015 as SLEEP APNEA AWARENESS DAY in Illinois.

**In Witness Whereof,** I have hereunto set my hand and caused the Great Seal of the State of Illinois to be affixed.



Given at the Capitol, in the City of Springfield,  
 this TWENTY FIFTH day of MARCH, in  
 the Year of Our Lord two thousand and  
 THIRTEEN, and of the State of Illinois,  
 the one hundred and SIXTY EIGHTH

*Dee Dee White*

Dee Dee White

*Pat Quinn*

Pat Quinn

STATE

MAINE

# OFFICE OF THE GOVERNOR

## STATEMENT IN OBSERVANCE OF SLEEP APNEA AWARENESS DAY

Whereas, sleep apnea is a common chronic disorder in which one or more pauses in breathing occur during sleep; and

Whereas, the New England Journal of Medicine estimates that sleep apnea affects at least nine percent of women and twenty four percent of men. Sleep apnea results in poor sleep and is the leading cause of excessive, daytime sleepiness; and

Whereas, most individuals with sleep apnea do not even know they have it and should consult a physician if snoring or if sleeping seems difficult; and

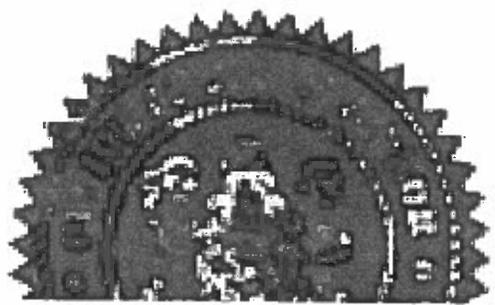
Whereas, a continuous positive airway pressure device, or CPAP, can be utilized to continually supply pressurized air to an individual's lungs and airway to help treat this condition; and

Whereas, sleep apnea can create a dangerous situation when diagnosed individuals are administered anesthesia and certain medications are used, such as when sedation is required for a medical procedure. The risks are reduced if patients undergoing PAP therapy bring their own equipment to the hospital, if possible, and recovery is carried out in a semi upright or lateral position, and patients are monitored until they are no longer at risk.

Now, Therefore, We, *Jack A. Markell, Governor,*  
*and Matthew Denn, Lieutenant Governor,*  
do hereby declare May 14, 2014

### SLEEP APNEA AWARENESS DAY

in the State of Delaware, and urge all Delawareans to recognize this observance.



*Jack Markell*  
Jack A. Markell  
Governor  
*Matthew Denn*  
Matthew Denn  
Lieutenant Governor



STATE of MINNESOTA

Proclamation

- WHEREAS: Sleep Apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and
- WHEREAS: Sleep Apnea is estimated by the New England Journal of Medicine to affect at least nine percent of women and twenty-four percent of men; and
- WHEREAS: Sleep Apnea often afflicts people who do not know they have it, and if left untreated, could lead to depression, high blood pressure, heart disease, diabetes, fatal car crashes, and other life-shortening conditions; and
- WHEREAS: Physicians and caregivers of individuals diagnosed with Sleep Apnea should be notified of their condition as anesthesia and certain medication can create a dangerous situation when administered; and
- WHEREAS: Sleep Apnea can create a dangerous situation when diagnosed individuals are administered anesthesia and certain medications, if sedation is required; risks are reduced if patients undergoing PAP Therapy bring their own equipment; and
- WHEREAS: Helen Marie Bousquet has brought national attention to the dangers of leaving a patient with Sleep Apnea in an unmonitored recovery room following any surgery while medicated post op on drugs such as morphine, which is known to slow down the respiratory system even in patients who do not have this condition.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim Saturday, August 8, 2015, as:

SLEEP APNEA AWARENESS DAY

in the State of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 16<sup>th</sup> day of June.

Mark Dayton
GOVERNOR

Steve Pimm
SECRETARY OF STATE

**State of Vermont  
Executive Department  
A Proclamation**

**WHEREAS**, sleep apnea is a sleep disorder in which breathing repeatedly stops and starts, and is often indicated by loud snoring; and

**WHEREAS**, there are three types of sleep apnea: obstructive sleep apnea, central sleep apnea, and mixed; and

**WHEREAS**, individuals with untreated sleep apnea may have one or more pauses in breathing or shallow breathing during sleep; and

**WHEREAS**, in many cases individuals are unaware that they sleep apnea; and

**WHEREAS**, for mild cases of sleep apnea, physicians may recommend lifestyle changes including losing weight and quitting smoking; and

**WHEREAS**, moderate and severe sleep apnea may be treated with positive airway pressure which supplies pressurized air through a breathing mask that prevents the airway from collapsing; and

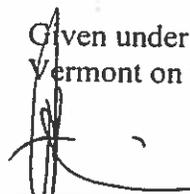
**WHEREAS**, individuals diagnosed with sleep apnea should consult their physicians and inform caregivers of their condition as anesthesia and certain medications may be dangerous; and

**NOW, THEREFORE**, I, Peter Shumlin, Governor, do hereby proclaim August 20, 2015 as

**SLEEP APNEA AWARENESS DAY**

in Vermont.

Given under my hand and the Great Seal of the State of  
Vermont on this 14th day of August, A.D. 2015

  
\_\_\_\_\_  
Peter Shumlin  
Governor



Douglas A. Ducey  
Governor

# Office of the Governor

## \* SLEEP APNEA AWARENESS MONTH \*

WHEREAS, sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and

WHEREAS, the number of people affected isn't known because many people afflicted by sleep apnea do not know they have it; and

WHEREAS, sleep apnea results in poor sleep and is a cause of excessive, daytime sleepiness; and

WHEREAS, insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions, including diabetes, cardiovascular disease, obesity, and depression; and

WHEREAS, a continuous positive airway pressure device (CPAP) can be used to continually supply pressurized air to an individual's lungs and airway to help treat this condition; and

WHEREAS, physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their conditions as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea.

NOW, THEREFORE, I, Douglas A. Ducey, Governor of the State of Arizona, do hereby proclaim August 2015 as

## \* SLEEP APNEA AWARENESS MONTH \*

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Arizona

*Douglas A. Ducey*  
GOVERNOR

DONE at the Capitol in Phoenix on this first day of July in the year Two Thousand and Fifteen, and of the Independence of the United States of America the Two Hundred and Thirty-ninth.

ATTEST

*Michelle Reagan*

Secretary of State





# *Proclamation*

## *Presented*

### **In Recognition of Sleep Apnea Awareness**

**WHEREAS**, Sleep Apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep, most often indicated by loud snoring; and

**WHEREAS**, Sleep Apnea is estimated by The New England Journal of Medicine to affect at least nine percent of women and twenty-four percent of men, resulting in poor sleep; Sleep Apnea is the leading cause of excessive, daytime sleepiness; and

**WHEREAS**, Sleep Apnea often afflicts people who do not know they have it, and if left untreated, could lead to depression, high blood pressure, heart disease, diabetes, fatal car crashes, and other life-shortening conditions; and

**WHEREAS**, Sleep Apnea can be treated with Positive Airway Pressure (PAP) therapy, which supplies pressurized air through a breathing mask that prevents the airway from collapsing; and

**WHEREAS**, Sleep Apnea can create a dangerous situation when diagnosed individuals are administered anesthesia and certain medications, if sedation is required; risks are reduced if patients undergoing PAP therapy bring their own equipment to the hospital, if possible, recovery is carried out in a semi-upright or lateral position, and patients are monitored until they are no longer at risk;

**NOW, THEREFORE, I, NEIL ABERCROMBIE, Governor, and I, SHAN S. TSUTSUI, Lieutenant Governor of the State of Hawai'i, do hereby proclaim August 31, 2013, as**

## **"SLEEP APNEA AWARENESS DAY"**

in Hawai'i and urge the citizens of the Aloha State to join us in paying tribute to Helen M. Bousquet, whose passing from complications of Sleep Apnea brought attention to the need for sleep apnea awareness

**DONE**, at the State Capitol, in Executive Chambers, Honolulu, State of Hawai'i, this twenty-seventh day of August, 2013

NEIL ABERCROMBIE  
Governor, State of Hawai'i

SHAN TSUTSUI  
Lt. Governor, State of Hawai'i

*The State of New Hampshire*  
*By Her Excellency*  
*Margaret Wood Hassan, Governor*

*A Proclamation*

**SLEEP APNEA AWARENESS DAY**  
**FEBRUARY 21, 2013**

**WHEREAS**, Sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and

**WHEREAS**, The New England Journal of Medicine estimates that sleep apnea affects at least nine percent of women and twenty four percent of men and sleep apnea results in poor sleep and is the leading cause of excessive, daytime sleepiness; and

**WHEREAS**, Physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea; and

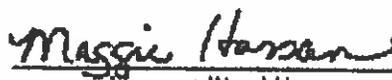
**WHEREAS**, Many people afflicted by sleep apnea do not know they have it, anesthesiologists and pain clinicians are well advised to screen their patients for sleep apnea prior to administering treatment; and

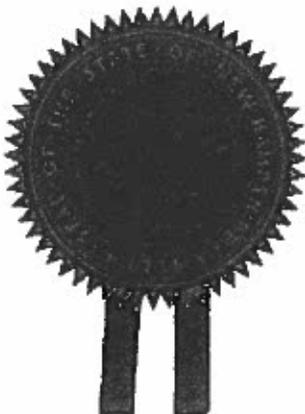
**WHEREAS**, A continuous positive airway pressure device, or CPAP, can be utilized to continually supply pressurized air to an individuals lungs and airway to help treat this condition; and

**WHEREAS**, Helen Bousquet, a resident of the State of New Hampshire, recently passed away from complications of sleep apnea and may her passing bring attention to the need for sleep apnea awareness;

**NOW, THEREFORE, I, MARGARET WOOD HASSAN, GOVERNOR** of the State of New Hampshire, do hereby proclaim **FEBRUARY 21, 2013** as **SLEEP APNEA AWARENESS DAY** in the State of New Hampshire.

Given this 21<sup>st</sup> day of February, in the year of Our Lord two thousand and thirteen, and the independence of the United States of America, two hundred and thirty-seven.

  
Margaret Wood Hassan  
Governor



# State of Colorado



## Proclamation

WHEREAS, sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and

WHEREAS, the *New England Journal of Medicine* estimates that sleep apnea affects at least nine percent of women and 24 percent of men. Sleep apnea results in poor sleep and is the leading cause of excessive daytime sleepiness; and

WHEREAS, most individuals with sleep apnea do not even know they have it, and should consult a physician if snoring or if sleeping seems difficult; and

WHEREAS, physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea; and

WHEREAS, Helen Marie Bousquet has brought national attention to the dangers of leaving a patient with sleep apnea in an unmonitored recovery room following any surgery while medicated post op on drugs such as morphine, which is known to slow down the respiratory system even in patients who do not have this condition;

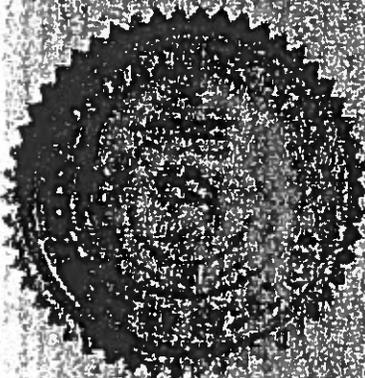
Therefore, I, John W. Hickenlooper, Governor of the State of Colorado, do hereby proclaim November 20, 2013,

### SLEEP APNEA AWARENESS DAY

in the State of Colorado.

GIVEN under my hand and the Executive Seal of the State of Colorado, this twentieth day of November, 2013.

John W. Hickenlooper  
Governor



# Proclamation

**WHEREAS, SLEEP APNEA IS A COMMON, CHRONIC DISORDER IN WHICH ONE OR MORE PAUSES IN BREATHING OR SHALLOW BREATHING OCCURS DURING SLEEP, MOST OFTEN INDICATED BY LOUD SNORING; AND**

**WHEREAS, SLEEP APNEA IS ESTIMATED BY THE NEW ENGLAND JOURNAL OF MEDICINE TO AFFECT AT LEAST NINE PERCENT OF WOMEN AND TWENTY-FOUR PERCENT OF MEN, RESULTING IN POOR SLEEP; AND**

**WHEREAS, SLEEP APNEA IS THE LEADING CAUSE OF EXCESSIVE DAYTIME SLEEPINESS; AND**

**WHEREAS, SLEEP APNEA OFTEN AFFLICTS PEOPLE WHO DO NOT KNOW THEY HAVE IT, AND IF LEFT UNTREATED, COULD LEAD TO DEPRESSION, HIGH BLOOD PRESSURE, HEART DISEASE, DIABETES, FATAL CAR CRASHES, AND OTHER LIFE-SHORTENING CONDITIONS; AND**

**WHEREAS, PHYSICIANS AND CAREGIVERS OF INDIVIDUALS DIAGNOSED WITH SLEEP APNEA SHOULD BE NOTIFIED OF THEIR CONDITION AS ANESTHESIA AND CERTAIN MEDICATIONS CAN CREATE A DANGEROUS SITUATION WHEN ADMINISTERED TO SOMEONE WITH SLEEP APNEA; AND**

**WHEREAS, SLEEP APNEA CAN BE TREATED WITH POSITIVE AIRWAY PRESSURE (PAP) THERAPY, WHICH SUPPLIES PRESSURIZED AIR THROUGH A BREATHING MASK THAT PREVENTS THE AIRWAY FROM COLLAPSING; AND**

**WHEREAS, SLEEP APNEA CAN CREATE A DANGEROUS SITUATION WHEN DIAGNOSED INDIVIDUALS ARE ADMINISTERED ANESTHESIA AND CERTAIN MEDICATIONS, IF SEDATION IS REQUIRED; RISKS ARE REDUCED IF PATIENTS UNDERGOING PAP THERAPY BRING THEIR OWN EQUIPMENT TO THE HOSPITAL, IF POSSIBLE, RECOVERY IS CARRIED OUT IN A SEMI-UPRIGHT OR LATERAL POSITION, AND PATIENTS ARE MONITORED UNTIL THEY ARE NO LONGER AT RISK; AND**

**WHEREAS, HELEN MARIE BOUSQUET HAS BROUGHT NATIONAL ATTENTION TO THE DANGERS OF LEAVING A PATIENT WITH SLEEP APNEA IN AN UNMONITORED RECOVERY ROOM FOLLOWING ANY SURGERY WHILE MEDICATED POST OP ON DRUGS SUCH AS MORPHINE, WHICH IS KNOWN TO SLOW DOWN THE RESPIRATORY SYSTEM EVEN IN PATIENTS WHO DO NOT HAVE THIS CONDITION;**

**NOW, THEREFORE, I SUSANA MARTINEZ, GOVERNOR OF THE STATE OF NEW MEXICO, DO HEREBY PROCLAIM JANUARY 21<sup>ST</sup>, 2014 AS**

## **“SLEEP APNEA AWARENESS DAY”**

**THROUGHOUT THE STATE OF NEW MEXICO.**

**SIGNED AT THE EXECUTIVE OFFICE  
THIS 17<sup>TH</sup> DAY OF JANUARY 2014.**

**WITNESS MY HAND AND THE GREAT  
SEAL OF THE STATE OF NEW MEXICO.**

**ATTEST:**



**DIANNA J. DURAN  
SECRETARY OF STATE**



# The State of Washington



## Proclamation

*WHEREAS*, sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and

*WHEREAS*, sleep apnea is thought to affect at least nine percent of women and twenty-four percent of men in the United States; and

*WHEREAS*, sleep apnea can be a complicating factor in the administration of general anesthesia during surgery; and

*WHEREAS*, depression, narcolepsy, restless leg syndrome, high blood pressure, heart disease and diabetes are just a few of the harmful health consequences of an undiagnosed or untreated sleep disorder; and

*WHEREAS*, sleep apnea can be treated with positive airway pressure (PAP) therapy, which supplies pressurized air through a breathing mask that prevents the airway from collapsing; and

*WHEREAS*, sleep studies are used to help healthcare providers diagnose whether an individual has a sleeping disorder by measuring how well an individual sleeps and how the body responds to sleep problems;

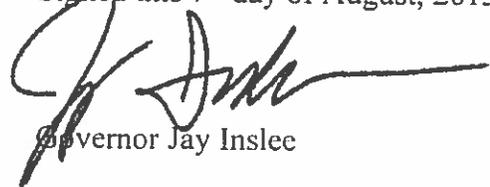
*NOW THEREFORE*, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim October 2015 as

### *Sleep Apnea Awareness Month*

in Washington, and I urge all people in our state to join me in this special observance.



Signed this 7<sup>th</sup> day of August, 2015

  
Governor Jay Inslee

STATE OF OREGON  
**PROCLAMATION**  
OFFICE OF THE GOVERNOR

- WHEREAS:** Sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and
- WHEREAS:** The New England Journal of Medicine estimates that sleep apnea affects at least nine percent of women and twenty four percent of men. Sleep apnea results in poor sleep and is the leading cause of excessive, daytime sleepiness; and
- WHEREAS:** Most individuals with sleep apnea do not even know they have it and should consult a physician if snoring or if sleeping seems difficult; and
- WHEREAS:** Physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea; and
- WHEREAS:** Helen Marie Bousquet has brought national attention to the dangers of leaving a patient with sleep apnea in an unmonitored recovery room following any surgery while medicated post op on drugs such as morphine, which is known to slow down the respiratory system even in patients who do not have this condition.
- NOW,**  
**THEREFORE:** I, John A. Kitzhaber, M.D., Governor of the State of Oregon, hereby proclaim **August 1, 2013**, to be

**SLEEP APNEA AWARENESS DAY**

in Oregon and encourage all Oregonians to join in this observance.



IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done at the Capitol in the City of Salem in the State of Oregon on this day, July 23, 2013.

  
John A. Kitzhaber, M.D., Governor

  
Kate Brown, Secretary of State



# *Proclamation*

## *By the Governor of Alabama*

*WHEREAS, sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and*

*WHEREAS, sleep apnea is thought to affect at least nine percent of women and twenty-four percent of men in the United States; and*

*WHEREAS, sleep apnea can be a complicating factor in the administration of general anesthesia during surgery; and*

*WHEREAS, depression, narcolepsy, restless leg syndrome, high blood pressure, heart disease, and diabetes are just a few of the harmful health consequences of an undiagnosed or untreated sleep disorder; and*

*WHEREAS, sleep apnea can be treated with positive airway pressure (PAP) therapy, which supplies pressurized air through a breathing mask that prevents the airway from collapsing; and*

*WHEREAS, sleep studies are used to help healthcare providers diagnose whether an individual has a sleeping disorder by measuring how well an individual sleeps and how the body responds to sleep problems:*

*NOW, THEREFORE, I, Robert Bentley, Governor of Alabama, do hereby proclaim October 5, 2015, as*

### *Sleep Apnea Awareness Day*

*in the State of Alabama.*



*Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 18th day of September 2015.*

*Robert Bentley*

*Robert Bentley, Governor*

**STATE OF ARKANSAS**  
**EXECUTIVE DEPARTMENT**

**PROCLAMATION**

TO ALL TO WHOM THESE PRESENTS COME – GREETINGS:

WHEREAS: Sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and

WHEREAS: Sleep apnea is thought to affect at least nine percent of women and twenty-four percent of men in the United States; and

WHEREAS: Sleep apnea can be a complicating factor in the administration of general anesthesia during surgery; and

WHEREAS: Depression, narcolepsy, restless leg syndrome, high blood pressure, heart disease and diabetes are just a few of the harmful health consequences of an undiagnosed or untreated sleep disorder; and

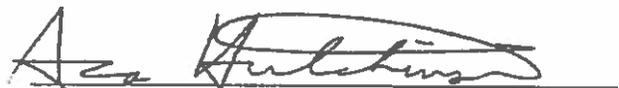
WHEREAS: Sleep apnea can be treated with positive airway pressure (PAP) therapy, which supplies pressurized air through a breathing mask that prevents the airway from collapsing; and

WHEREAS: Sleep studies are used to help healthcare providers diagnose whether an individual has a sleeping disorder by measuring how well and individual sleeps and how the body responds to sleep problems;

NOW, THEREFORE, I, ASA HUTCHINSON, Governor of the State of Arkansas, by virtue of the authority vested in me by the laws of the State of Arkansas, do hereby proclaim October 5<sup>th</sup> 2015, as

**SLEEP APNEA AWARENESS DAY**

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Arkansas to be affixed this 22<sup>nd</sup> day of September, in the year of our Lord 2015.

  
Asa Hutchinson, Governor





STATE OF NEW JERSEY  
EXECUTIVE DEPARTMENT

*Proclamation*

WHEREAS, sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep, resulting in poor sleep and often indicated by loud snoring; and

WHEREAS, the New England Journal of Medicine estimates that sleep apnea affects nine percent of women and 24 percent of men and is the leading cause of excessive, daytime sleepiness; and

WHEREAS, most individuals with sleep apnea do not even know they have it and should consult a physician if snoring or if sleeping seems difficult; and

WHEREAS, physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea; and

WHEREAS, sleep apnea can be treated with positive airway pressure (PAP) therapy, which supplies pressurized air through a breathing mask that prevents the airway from collapsing;

NOW, THEREFORE, I, CHRIS CHRISTIE, Governor of the State of New Jersey, do hereby proclaim:

**AUGUST 31, 2015**

**AS**

**SLEEP APNEA AWARENESS DAY**

in New Jersey.



GIVEN, under my hand and the Great Seal of the State of New Jersey, this eighteenth day of August in the year two thousand fifteen, the two hundred fortieth year of the Independence of the United States.

*Kim Guadagno*  
Lt. GOVERNOR

*Chris Christie*  
GOVERNOR

  
**State of Iowa**  
**Executive Department**

IN THE NAME AND BY THE AUTHORITY OF THE STATE OF IOWA

**PROCLAMATION**

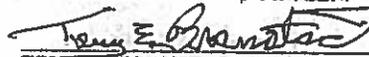
- WHEREAS,** sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and
- WHEREAS,** *The New England Journal of Medicine* estimates that sleep apnea affects at least nine percent of women and twenty-four percent of men; sleep apnea may result in poor sleep and is the leading cause of excessive daytime sleepiness; and
- WHEREAS,** physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea; and
- WHEREAS,** many people afflicted by sleep apnea do not know they have it, anesthesiologists and pain clinicians are well advised to screen their patients for sleep apnea prior to administering treatment; and
- WHEREAS,** a continuous positive airway pressure device, or CPAP, can be utilized to continually supply pressurized air to an individual's lungs and airway to help treat this condition:

NOW, THEREFORE, I, Terry E. Branstad, Governor of the State of Iowa, do hereby proclaim October 5, 2015, as

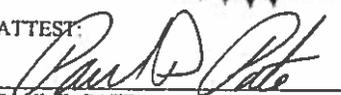
**SLEEP APNEA AWARENESS DAY**



IN TESTIMONY WHEREOF, I HAVE HERETO SUBSCRIBED MY NAME AND CAUSED THE GREAT SEAL OF THE STATE OF IOWA TO BE AFFIXED. DONE AT DES MOINES THIS ~~13th~~ 14th DAY OF APRIL IN THE YEAR OF OUR LORD TWO THOUSAND FIFTEEN.

  
TERRY E. BRANSTAD  
GOVERNOR OF IOWA

ATTEST:

  
PAUL D. PATE  
SECRETARY OF STATE



## *A Proclamation by the Governor*

**WHEREAS**, Sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and

**WHEREAS**, *The New England Journal of Medicine* estimates that sleep apnea affects at least nine percent of women and twenty four percent of men and sleep apnea results in poor sleep and is the leading cause of excessive, daytime sleepiness, and

**WHEREAS**, Physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea; and

**WHEREAS**, Many people afflicted by sleep apnea do not know they have it, anesthesiologists and pain clinicians are well advised to screen their patients for sleep apnea prior to administering treatment; and

**WHEREAS**, A continuous positive airway pressure device, or CPAP, can be utilized to continually supply pressurized air to an individual's lungs and airway to help treat this condition, and

**NOW, THEREFORE, I, BRIAN SANDOVAL, GOVERNOR OF THE STATE OF NEVADA, do hereby proclaim October 5<sup>th</sup> as**

### **SLEEP APNEA AWARENESS DAY**



*In Witness Whereof* I have hereunto set my hand and caused the Great Seal of the State of Nevada to be affixed at the State Capitol in Carson City, this 24<sup>th</sup> day of October, 2013.

By the Governor \_\_\_\_\_ Governor

*Brian Sandoval*  
By \_\_\_\_\_ Secretary of State

By \_\_\_\_\_ Deputy

# STATE OF OKLAHOMA



EXECUTIVE DEPARTMENT

## Proclamation

Whereas, sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep;

Whereas, sleep apnea is thought to affect at least nine percent of women and twenty-four percent of men in the United States; and

Whereas, sleep apnea can be a complicating factor in the administration of general anesthesia during surgery; and

Whereas, depression, narcolepsy, restless leg syndrome, high blood pressure, heart disease and diabetes are just a few of the harmful health consequences of an undiagnosed or untreated sleep disorder; and

Whereas, sleep apnea can be treated with positive airway pressure (PAP) therapy, which supplies pressurized air through a breathing mask that prevents the airway from collapsing; and

Whereas, sleep studies are used to help healthcare providers diagnose whether an individual has a sleeping disorder by measuring how well an individual sleeps and how the body responds to sleep problems;

Now, therefore, I, Mary Fallin, Governor, do hereby proclaim October 5, 2015, as

### “Sleep Apnea Awareness Day”

in the state of Oklahoma.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Oklahoma to be affixed.



Done at the Capitol, in the City of Oklahoma City, this 20<sup>th</sup> day of July, in the Year of Our Lord two thousand and fifteen, and of the State of Oklahoma in the one hundred and seventh year.

ATTEST

Chris Dooness  
Assistant SECRETARY OF STATE

Mary Fallin  
GOVERNOR



**RICK SCOTT**  
GOVERNOR

**SLEEP AWARENESS WEEK**

WHEREAS, according to the National Center on Sleep Disorders Research, about 70 million Americans suffer from sleep problems, and among them nearly 60 percent have a chronic disorder; and

WHEREAS, untreated sleep disorders have a profound impact nationally in terms of reduced quality of life, lower productivity in school and the workplace, increased morbidity and mortality, and the loss of life due to accidents associated with excessive sleepiness; and

WHEREAS, sleep loss and sleep disorders are among the most common health problems, yet they are frequently overlooked and readily treatable; and

WHEREAS, according to the International Classification of Sleep Disorders, there are around 90 distinct sleep disorders; and

WHEREAS, some of the common sleep disorders are narcolepsy, restless leg syndrome, insomnia, and sleep apnea, which can be potentially life-threatening because of the brief interruptions of breathing during sleep; and

WHEREAS, the cumulative effects of sleep loss and sleep disorders have been associated with a wide range of harmful health consequences, including an increased risk of hypertension, diabetes, obesity, depression, heart attack, and stroke; and

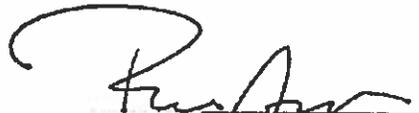
WHEREAS, sleep studies are used to help healthcare providers diagnose whether an individual has a sleeping disorder by measuring how well an individual sleeps and how the individual's body responds to sleep problems, as well as determine appropriate treatments; and

WHEREAS, the National Sleep Foundation is promoting National Sleep Awareness Week, which is an annual public education and awareness campaign to promote the importance of sleep;

NOW, THEREFORE, I, Rick Scott, Governor of the State of Florida, do hereby extend greetings and best wishes to all observing March 2-9, 2014, as *Sleep Awareness Week*.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Florida to be affixed at Tallahassee, the Capital, this 7<sup>th</sup> day of March, in the year two thousand fourteen.

  
Governor

THE CAPITOL  
TALLAHASSEE, FLORIDA 32399 • (850) 488-2272

# The State of Maryland



## Proclamation

*From the Governor of the State of Maryland*

### **SLEEP APNEA MONTH SEPTEMBER 2014**

**WHEREAS,** *sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and*

**WHEREAS,** *The New England Journal of Medicine estimates that sleep apnea affect at least nine percent of women and four percent of men, and sleep apnea results in poor sleep. It is the leading cause of excessive, daytime sleepiness; and*

**WHEREAS,** *physicians and care-givers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea; and many people afflicted by sleep apnea do not know they have it, anesthesiologists and pain clinicians are well advised to screen their patients for sleep apnea prior to administrating treatment; and*

**WHEREAS,** *a continuous positive airway pressure device, or CPAP, can be utilized to continually supply pressurized air to an individuals lungs and airway to help treat this condition.*

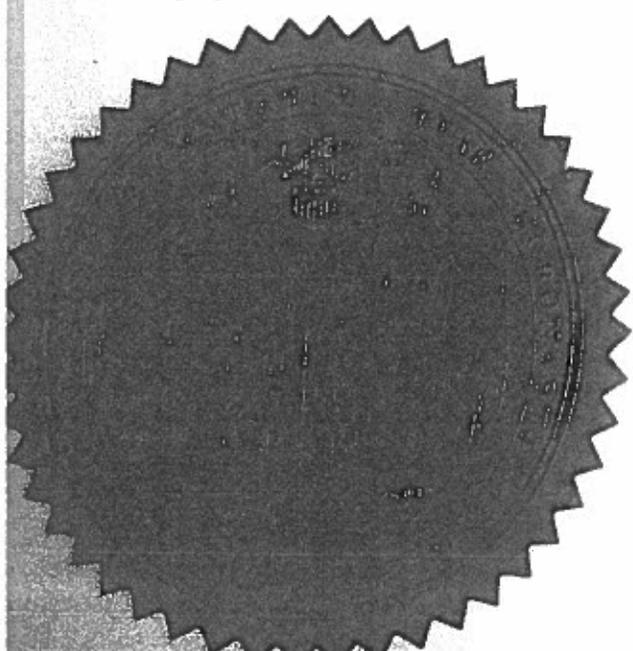
**NOW, THEREFORE, I, MARTIN O'MALLEY, GOVERNOR OF THE STATE OF MARYLAND,** do hereby proclaim **SEPTEMBER 2014** as **SLEEP APNEA MONTH** in Maryland, and do call upon the people of our Great State to learn about sleep apnea, where to get treatment and live healthier lives.

Given Under My Hand and the Great Seal of the State of Maryland,  
the 1st day of September  
of the thousand and fourteen

Martin O'Malley  
Governor

Robert Ehrlich  
Lt. Governor

Joe C. McPherson  
Secretary of State



# STATE OF MICHIGAN



## CERTIFICATE OF PROCLAMATION

ON BEHALF OF THE PEOPLE OF MICHIGAN

I, Rick Snyder, governor of Michigan, do hereby proclaim  
April 2, 2014

### SLEEP APNEA AWARENESS DAY

WHEREAS, Sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and

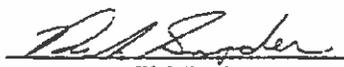
WHEREAS, The New England Journal of Medicine estimates that sleep apnea affects at least nine percent of women and twenty four percent of men and sleep apnea results in poor sleep and is a leading cause of daytime sleepiness; and

WHEREAS, Physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea; and

WHEREAS, Many people afflicted by sleep apnea do not know they have it, anesthesiologists and pain clinicians are well advised to screen their patients for sleep apnea prior to administering treatment; and

WHEREAS, A continuous positive airway pressure device, or CPAP can be utilized to continually supply pressurized air to an individuals lungs and airway to help treat this condition.

NOW, THEREFORE, I, Rick Snyder, governor of Michigan do hereby proclaim April 2, 2014 as Sleep Apnea Awareness Day.

  
Rick Snyder  
Governor



State of Maine



WHEREAS, sleep apnea is a sleep disorder in which a person's breathing is interrupted during sleep, resulting in poor sleep; and

WHEREAS, sleep apnea can contribute to a number of other problems, including high blood pressure, stroke, diabetes, depression, heart failure, excessive daytime sleepiness and automobile accidents, and nightmares among veterans suffering from PTSD; and

WHEREAS, sleep apnea can be a complicating factor in the administration of general anesthesia during surgery; and

WHEREAS, physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia can create a complicated situation when administered to someone with sleep apnea; and

WHEREAS, a continuous positive airway pressure device, or CPAP, can be utilized to continually supply pressurized air to an individual's lungs and airway to help treat this condition, as well as to lessen the other negative effects of poor sleep and associated conditions

NOW, THEREFORE, I, PAUL R. LEPAGE, Governor of the State of Maine, do hereby proclaim  
October 1, 2013 as

## SLEEP APNEA AWARENESS DAY

throughout the State of Maine, and urge all citizens to recognize this observance

In testimony whereof, I have caused  
the Great Seal of the State to be  
hereunto affixed (GIVEN under my  
hand at Augusta this eighth  
day of August, Two thousand Thirteen



*Paul R. LePage*  
Paul R. LePage  
Governor

*Matthew Dunlap*  
Matthew Dunlap  
Secretary of State

TRUE ATTESTED COPY

# STATE OF NEBRASKA



## Proclamation

WHEREAS,

Sleep Apnea is a common, Chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep, most often indicated by loud snoring; and

WHEREAS,

Sleep Apnea is estimated by The New England Journal of Medicine to affect at least nine percent of women and 24 percent of men, resulting in poor sleep. Sleep Apnea is the leading cause of excessive daytime sleepiness; and

WHEREAS,

Sleep Apnea often affects people who do not know why they have it, and if left untreated, could lead to depression, high blood pressure, heart disease, diabetes, fatal car crashes and other life-threatening conditions; and

WHEREAS,

Sleep Apnea can be treated with Positive Airway Pressure (PAP) therapy, which supplies pressurized air through a breathing mask that prevents the airway from collapsing; and

WHEREAS,

Sleep Apnea can create a dangerous situation when diagnosed individuals are administered anesthesia and certain medications, if ventilation is required; risks are reduced if patients undergoing PAP therapy bring their own equipment to the hospital. If possible, recovery is carried out in a semi-upright or lateral position and patients are monitored until they are no longer at risk.

NOW, THEREFORE,

I, Dave Heineman, Governor of the State of Nebraska, DO HEREBY PROCLAIM the 1st day of February, 2014 as

### SLEEP APNEA AWARENESS DAY

in Nebraska and I do hereby urge all citizens to take due note of the observance.

IN WITNESS WHEREOF, I have hereunto set my hand, and cause the Great Seal of the State of Nebraska to be affixed this Eighth day of January, in the year of our Lord Two Thousand Fourteen.

Attest:

  
Secretary of State

  
Governor

STATE OF MISSISSIPPI

Office of the Governor



**PROCLAMATION**

WHEREAS, Sleep Apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep; and

WHEREAS, The New England Journal of Medicine estimates that Sleep Apnea affects at least nine percent of women and twenty four percent of men; and

WHEREAS, Sleep Apnea results in poor sleep and is a leading cause of daytime sleepiness; and

WHEREAS, physicians and caregivers of individuals diagnosed with Sleep Apnea should be notified of their condition, as anesthesia and certain medications can create a dangerous situation when administered to someone with Sleep Apnea; and

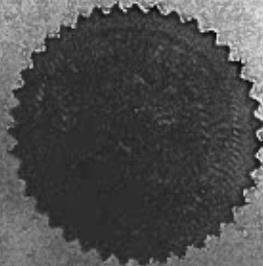
WHEREAS, since many people afflicted by Sleep Apnea do not know they have it, anesthesiologists and pain clinicians are well advised to screen their patients for Sleep Apnea prior to administering treatment; and

WHEREAS, a continuous positive airway pressure device (CPAP) can be utilized to continually supply pressurized air to an individual's lungs and airway to help treat this condition:

NOW, THEREFORE, I, Phil Bryant, Governor of the State of Mississippi do hereby proclaim March 2-8, 2015, as

**Sleep Apnea Awareness Week**

in the State of Mississippi.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Mississippi to be affixed.

DONE in the City of Jackson, on the nineteenth day of February in the year of our Lord, two thousand and fifteen, and of the Independence of the United States of America, the two hundred and thirty-ninth.

  
PHIL BRYANT  
GOVERNOR

# Proclamation

by Governor Earl Ray Tomblin

Whereas, sleep apnea is a common, often undiagnosed condition that can significantly impact a person's health and quality of life, and the National Sleep Foundation estimates that approximately 28 million Americans suffer from this condition;

Whereas, the National Sleep Foundation estimates that sleep apnea affects approximately 28 million Americans, and the condition is associated with an increased risk of heart disease, stroke, and other health complications;

Whereas, sleep apnea is a condition characterized by repeated episodes of partial or complete upper airway obstruction during sleep, which can lead to fragmented sleep and excessive daytime sleepiness;

Whereas, the National Sleep Foundation estimates that sleep apnea affects approximately 28 million Americans, and the condition is associated with an increased risk of heart disease, stroke, and other health complications;

Now, Therefore, Be it Resolved that I, Earl Ray Tomblin, Governor of the State of West Virginia, do hereby proclaim **April 18, 2014**, as

## Sleep Apnea Awareness Day

to the Missouri State and recognize the efforts of individuals and organizations in the community.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of West Virginia to be hereunto affixed.

Done in the City of Charleston, State of West Virginia, this 17th day of February, in the year of our Lord, Two Thousand Fourteen, and in the 54th Year of the Independence of the State.

*Earl Ray Tomblin*  
Earl Ray Tomblin  
Governor

By the Governor  
*Natalie Elmquist*  
Natalie Elmquist  
Secretary of State





Office of the Governor  
State of Missouri

## Proclamation

WHEREAS, sleep apnea is a common, chronic disorder in which one or more pauses in breathing or shallow breathing occurs during sleep, most often indicated by loud snoring; and

WHEREAS, the New England Journal of Medicine estimates that sleep apnea affects at least 9 percent of women and 24 percent of men, resulting in poor sleep, and is a leading cause of daytime sleepiness; and

WHEREAS, if left untreated, sleep apnea could lead to depression, high blood pressure, heart disease, diabetes, fatal car crashes and other life-shortening conditions and circumstances; and

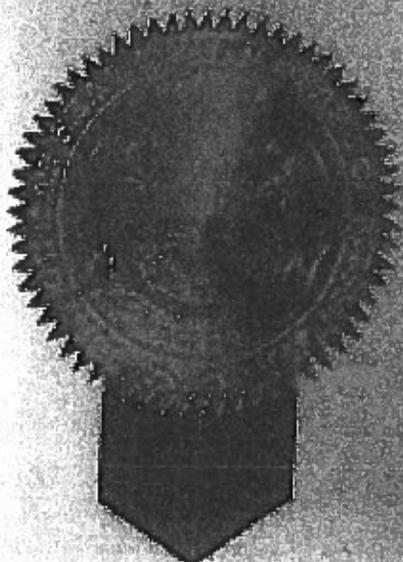
WHEREAS, sleep apnea can be treated with positive airway pressure (PAP) therapy, which supplies pressurized air through a breathing mask that prevents the airway from collapsing; and

WHEREAS, sleep apnea can create a dangerous situation when diagnosed individuals are administered anesthesia and certain medications, if sedation is required; risks are reduced if patients undergo PAP therapy postion, and patients are monitored until they are no longer at risk.

NOW THEREFORE, I, Jeremiah W. (Jay) Nixon, GOVERNOR OF THE STATE OF MISSOURI, do hereby proclaim October 2013 to be

**SLEEP APNEA AWARENESS MONTH IN MISSOURI**

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Missouri, in the City of Jefferson, this 25<sup>th</sup> day of October, 2013.



  
Jeremiah W. (Jay) Nixon  
Governor

Attest:

  
Secretary of State

STATE OF TENNESSEE

# PROCLAMATION

BY THE GOVERNOR

WHEREAS, sleep apnea is a common, chronic disorder with frequent pauses in breathing or shallow breathing occurring during sleep, leading to disturbed sleep patterns including frequent awaking and daytime sleepiness, and

WHEREAS, the sleep apnea is common, occurring in approximately 9 percent of men and 4 percent of women, and

WHEREAS, effective treatments are available, such as a continuous positive airway pressure device, or CPAP, as well as several other treatments, and

WHEREAS, physicians and caregivers of individuals diagnosed with sleep apnea should be notified of their condition as anesthesia and certain medications can create a dangerous situation when administered to someone with sleep apnea, and

WHEREAS, because many people afflicted by sleep apnea do not know they have it, anesthesiologists and pain clinicians should consider screening their patients for sleep apnea prior to administering treatment, and

NOW, THEREFORE, I, Bill Haslam, Governor of the State of Tennessee, do hereby proclaim February 21, 2013, as

*Sleep - Apnea - Awareness Day*

in Tennessee and encourage all citizens to participate in this worthy observance.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on this nineteenth day of February, 2013.

*Bill Haslam*

Governor

*Jae Haupt*

Secretary of State