

From:

Brian Evans

83 Broken Putter Way

Las Vegas, Nevada 89148

To:

The Honorable Governor Nikki R. Haley

February 7<sup>th</sup>, 2014

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

To The Honorable Governor:

My name is Brian Evans. I was born in Haverhill, Massachusetts. My mother, Helen Bousquet, passed away on October 5<sup>th</sup>, 2012 following what was supposed to be a routine knee surgery, but ended up in her passing when she had been placed in an unmonitored recovery room, provided morphine without her sleep apnea machine, and she died. This happened in a Massachusetts hospital, and I have been working with Massachusetts state senator Bruce Tarr on making changes to the "standard of care," in this state.

**I have attached 17 Proclamations from 17 different Governor's** in the United States as I campaign to have all 50 states issue a Proclamation like this. 95% of people who have sleep apnea, don't even know that they have it. Awareness is the key, and while I did not want this to be a part of my mother's legacy, it is, and as her son it is my duty to make sure it is intact. I didn't want her to die from this, but she did.

I'd like to ask that you issue a **Sleep Apnea Awareness Proclamation** in your state. It's terribly important, and should not fall under your local policies in its issuance as this is a national health emergency. Awareness, and the stroke of your pen, could save lives. It's why you ran for Governor in the first place.

Thank you for your attention to this. It's important. Sometimes, the loved one if not just "snoring." They could be dying. Sleep Apnea is a deadly monster in the room that we are not discussing enough in this nation. Nothing motivates you more than losing your mother to it.

Regards,



Brian Evans

[belasvegas@yahoo.com](mailto:belasvegas@yahoo.com) – 702-613-3172

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**

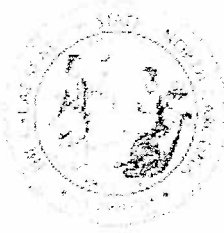
in Oregon and encourage all Oregonians to join in this observance.



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



# 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



**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;

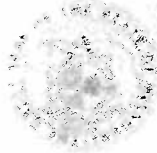
NOW, THEREFORE, I, Rick Scott, Governor of the State of Florida, do hereby extend greetings and best wishes to all observing March 2-9, 2014, as *Sleep Awareness Week*.



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



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 position, 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:

Joan Zander  
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



# 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 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, 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.**

*Attest:*

*1st*

*Secretary*

*and Treasurer*

*Martin O'Malley*

*R. L. B...*

*John A. ...*





## *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

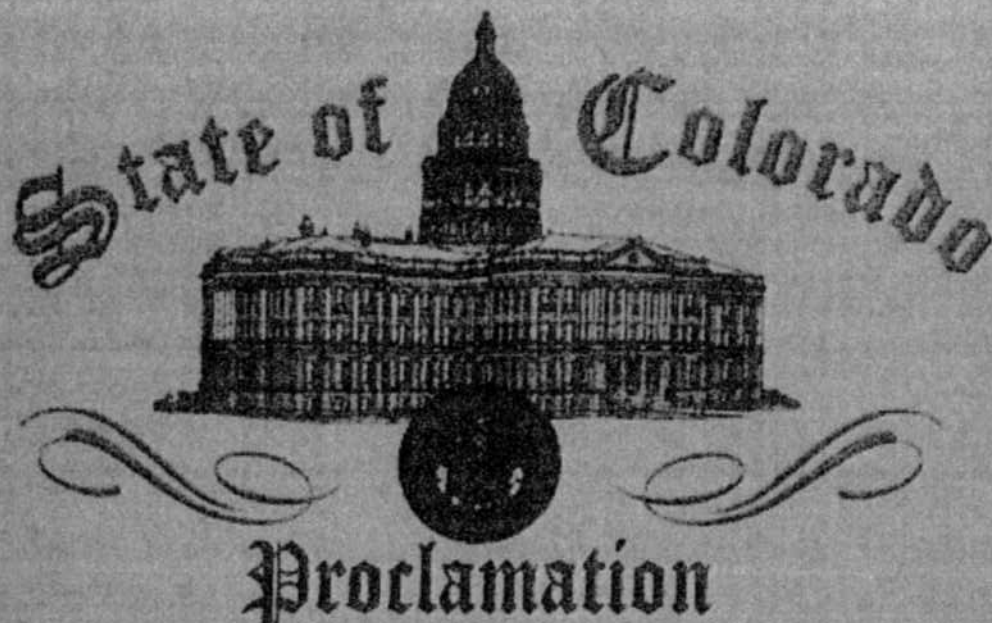
*Brian Sandoval*

Secretary of State

By

Deputy





*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*

A handwritten signature in black ink, reading "John W. Hickenlooper".

**John W. Hickenlooper  
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

*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 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-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, 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.*

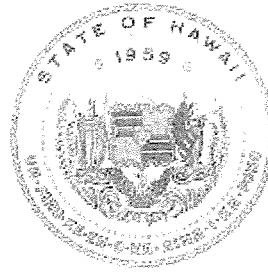
*IN WITNESS WHEREOF, I have hereunto set my hand, and cause the Great Seal of the State of Nebraska to be affixed this Eighth day of January, in the year of our Lord Two Thousand Fourteen.*



10000

*Andrew Hoe*  
Secretary of State

*Dave Heineman*  
Governor



# *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

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 waking 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*

to recognize and encourage all citizens to partake 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.

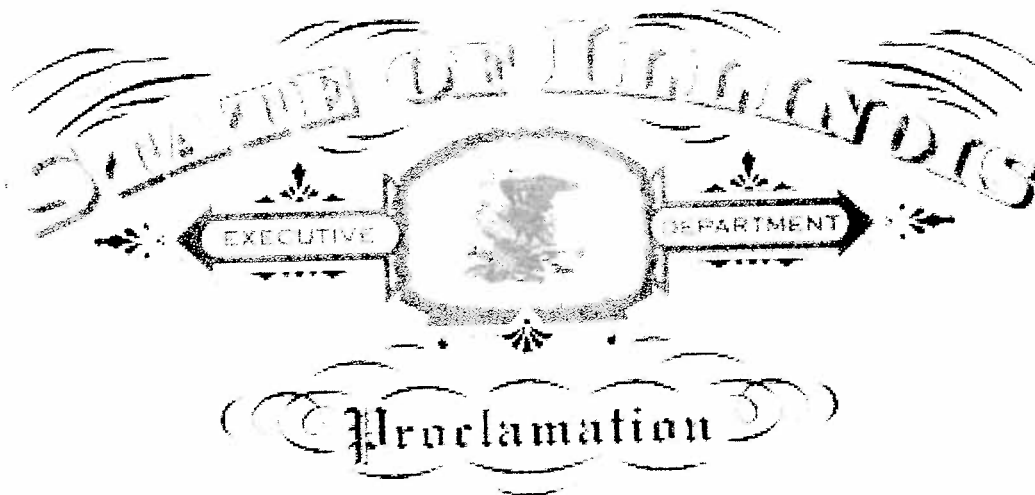


*Bill Haslam*

Governor

*Joe Mangitt*

Secretary of State



**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, anesthesiologists 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 continually 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 28, 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-ninth day of March, A.D. 2015,  
the fourth year of our Lord two thousand and  
thirteen, and of the State of Illinois,  
the one hundred and sixty-fourth.

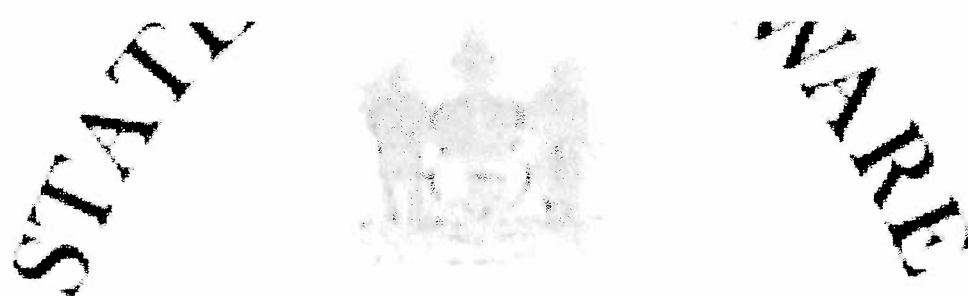
*Debbie White*

Debbie White, Clerk

*Pat Quinn*

Pat Quinn, Governor





## 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 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, 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 3<sup>rd</sup>, 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

# 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



# Proclamation

## by Governor Earl Ray Tomblin

Whereas, sleep apnea is a common, chronic disorder in which one or more periods of breathing or airflow temporarily cease during sleep, thus often resulting in sleep disruption; and

Whereas, the New England Journal of Medicine estimates that sleep apnea affects as many as 2 percent of women and 14 percent of men, resulting in poor sleep, and is a significant cause of daytime dysfunction; and

Whereas, it has been estimated sleep apnea could lead to depression, heart disease, stroke, higher blood pressure, heart attack, and other health conditions, including and especially sleep; and

Whereas, sleep apnea can be treated with continuous positive airway pressure (CPAP) therapy, which is often prescribed as therapy for treating sleep apnea, thus improving the sleep apnea patient's health; and

Whereas, physicians and caregivers of individuals with sleep apnea should be alerted to these conditions so patients can obtain a diagnosis and treatment when administered as warranted with other therapy;

Now, Therefore, be it declared that I, Earl Ray Tomblin, Governor of the Commonwealth of West Virginia, do hereby establish **April 18, 2014**.

### Sleep Apnea Awareness Day

to the American Sleep and Breathing Alliance to observe as the following:

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

Done in the Council Chamber of the State of West Virginia, this 14th day of April, 2014, in the year of our Lord, Two Thousand and Fourteen, and in the 44th Year of the Independence of the State.

*Earl Ray Tomblin*  
Earl Ray Tomblin  
Governor

By the Governor

*Natalie E. Tomany*  
Natalie E. Tomany  
Secretary of State

