

1 [National Sleep Awareness Week - March 7-11, 2011]

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3 **Resolution declaring March 7-11, 2011, as “National Sleep Awareness Week” in San**
4 **Francisco.**

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6 WHEREAS, An estimated 120,000 San Franciscans suffer from sleep apnea, a
7 serious, potentially life-threatening breathing disorder that can be treated in most cases; and

8 WHEREAS, Untreated, sleep apnea leads to a variety of health problems, including
9 depression, hypertension, heart attack and stroke; and

10 WHEREAS, It is estimated that roughly 20,000 people in this City have been diagnosed
11 with sleep apnea, leaving 100,000 undiagnosed; and

12 WHEREAS, Once properly diagnosed, sleep apnea can be successfully treated without
13 invasive action; and

14 WHEREAS, Numerous studies have concluded that the general public, policymakers
15 and many primary care physicians lack basic knowledge of sleep apnea, which compromises
16 the health and safety of everyone; and

17 WHEREAS, The National Commission on Sleep Disorders Research estimates the
18 cost of sleep disorders and deprivation to the nation to be billions of dollars in direct and
19 indirect costs; and

20 WHEREAS, UCSF Sleep Disorders Center is organizing the eleventh annual “Sleep
21 Awareness Week” from Monday, March 7th, through Friday, March 11th, 2011; and

22 WHEREAS, Organizers of these observances are committed to educating business,
23 government and the public about the impact of untreated and undiagnosed sleep disorders;
24 now, therefore, be it

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RESOLVED, That the Board of Supervisors of the City of San Francisco declare the week of March 7-11, 2011, as "Sleep Awareness Week" in San Francisco.

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