



# *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.

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**NEIL ABERCROMBIE**  
Governor, State of Hawai'i

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**SHAN TSUTSUI**  
Lt. Governor, State of Hawai'i