

119TH CONGRESS
1ST SESSION

H. RES. 235

Recognizing the importance of sleep health and expressing support for the designation of the week of March 9 through March 15, 2025, as “Sleep Awareness Week”.

IN THE HOUSE OF REPRESENTATIVES

MARCH 21, 2025

Ms. DEAN of Pennsylvania (for herself, Ms. SEWELL, and Mrs. CHERFILUS-McCORMICK) submitted the following resolution; which was referred to the Committee on Energy and Commerce

RESOLUTION

Recognizing the importance of sleep health and expressing support for the designation of the week of March 9 through March 15, 2025, as “Sleep Awareness Week”.

Whereas sleep is essential for health, well-being, and safety;

Whereas advancing advocacy and promotion of evidence-based sleep health practices will improve the general health of the public;

Whereas the Centers for Disease Control and Prevention advises that most adults need at least seven hours of sleep per night;

Whereas the National Sleep Foundation’s 2025 Sleep in America Poll found that 60 percent of Americans say

they do not regularly get the recommended amount of nightly sleep;

Whereas the Centers for Disease Control and Prevention reports 35 percent of all adults in the United States sleep less than seven hours per night on average;

Whereas sleep deprivation can lead to impaired memory, elevated stress levels, disrupted metabolism, and increased risk of injury and accidents;

Whereas, in the long-term, insufficient sleep can increase the risk of diabetes, stroke, heart disease, high blood pressure, depression, and other health conditions;

Whereas insomnia can be a symptom of depression and anxiety, and sleep problems can also exacerbate or contribute to the onset of mental health conditions;

Whereas numerous studies have found that Black Americans are less likely than their White counterparts to get adequate sleep, and that Black Americans may also be more likely to get lower quality sleep;

Whereas Congress established the National Center on Sleep Disorders Research in 1993 to foster the coordination of sleep and circadian research within the National Institutes of Health and other Federal agencies;

Whereas for over two decades, the National Sleep Foundation has organized Sleep Awareness Week to promote the benefits of healthy sleep and its importance to overall health and well-being; and

Whereas numerous States and organizations across the Nation recognize and participate in Sleep Awareness Week: Now, therefore, be it

1 *Resolved*, That the House of Representatives—

1 (1) recognizes the importance of sleep health as
2 a way to increase health and wellbeing;

3 (2) supports the designation of a “Sleep Aware-
4 ness Week”;

5 (3) supports the goals and efforts of Sleep
6 Awareness Week;

7 (4) encourages public health officials,
8 healthcare providers, educators, parents, et al. to do
9 their part to promote adequate sleep;

10 (5) encourages the people of the United States
11 to prioritize their sleep health, practice good habits
12 for sleep health, and discuss their sleep with their
13 health care provider; and

14 (6) recognizes the continued importance of poli-
15 cies to improve sleep health.

○