

# ASSOCIATION OF PROFESSIONAL SLEEP SOCIETIES

ANNUAL MEETING  
June 15-20, 1986

Association of Sleep Disorders Centers  
Clinical Sleep Society



Sleep Research Society  
Association of Polysomnographic  
Technologists

NATIONAL SLEEP AND HEALTH AWARENESS WEEK: JUNE 15-21, 1986  
A RESOLUTION BY THE ASSOCIATION OF PROFESSIONAL SLEEP SOCIETIES

Whereas, serious and life threatening sleep disorders such as sleep apnea and narcolepsy afflict millions of Americans and are probably undiagnosed in the majority of cases, and

Whereas, the torment of insomnia chronically afflicts tens of millions, and

Whereas, more than one fourth of employed Americans have sleep disorders and other problems associated with shift work, and

Whereas, many drugs used to treat commonplace problems such as anxiety, depression, high blood pressure, and allergies cause daytime drowsiness, and

Whereas, more than 100 million Americans do not regularly obtain enough sleep at night and their tendency to fall asleep in the daytime impairs school and work performance, and poses a hazard to driving and other potentially dangerous activities, and

Whereas, older citizens have progressively more difficulty sleeping, and nighttime wakefulness and wandering is the leading cause of admission to nursing homes,

The Association of Professional Sleep Societies hereby resolves and declares that June 15 through 21, 1986 is National Sleep and Health Awareness Week.

During these seven days, which coincide with the international clinical and scientific sessions of the Association in Columbus, Ohio, every possible effort will be made to inform the American public and health professions about the diagnosis and treatment of sleep disorders as well as the principles and practices of good sleep hygiene.

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