

2006 SESSION

INTRODUCED

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HOUSE JOINT RESOLUTION NO. 67

Offered January 11, 2006

Prefiled January 9, 2006

Designating the week ending the first Sunday in April, in 2006 and in each succeeding year, as Sleep Awareness Week in Virginia.

Patron—Amundson

Referred to Committee on Rules

WHEREAS, the National Sleep Foundation is the organizer and sponsor of National Sleep Awareness Week, an annual campaign of public awareness coinciding with the return to Daylight Saving Time on the first Sunday in April, when most Americans lose an hour of sleep; and

WHEREAS, many Americans have trouble sleeping; and

WHEREAS, although many adults say they need less than seven hours of sleep, experts say that adults need seven to nine hours of sleep to feel rested; and

WHEREAS, proper sleep is important to health, safety, and productivity; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly designate the week ending the first Sunday in April, in 2006 and in each succeeding year, as Sleep Awareness Week in Virginia; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates post the designation of this week on the General Assembly's website.

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