

**SENATE . . . . . No.**

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**The Commonwealth of Massachusetts**

PRESENTED BY:

**Moore, Richard (SEN)**

*To the Honorable Senate and House of Representatives of the Commonwealth of Massachusetts in General Court assembled:*

The undersigned legislators and/or citizens respectfully petition for the passage of the accompanying bill:

**An Act Relative to Sleep Deprivation Avoidance and Promotion of Good Sleeping Practices**

PETITION OF:

NAME:

Moore, Richard (SEN)

DISTRICT/ADDRESS:

Worcester and Norfolk

# The Commonwealth of Massachusetts

In the Year Two Thousand and Nine

## AN ACT RELATIVE TO SLEEP DEPRIVATION AVOIDANCE AND PROMOTION OF GOOD SLEEPING PRACTICES.

*Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:*

1           SECTION 1. Chapter 6 of the General Laws, as appearing in the 2006 Official Edition,  
2 is hereby amended by inserting at the end thereof, the following new sections:

3           Section 15 DDDDD. The governor shall annually issue a proclamation setting apart the second  
4 week of March as Massachusetts Sleep Awareness Week, and the first Sunday in March as  
5 Massachusetts Sleep Awareness Day and recommending that such week be properly observed as  
6 a period of special attention to the problems of sleep deprivation and fatigue such as: impaired  
7 reaction time, judgment and vision; problems with information processing and short-term  
8 memory; decreased performance, vigilance and motivation; increased moodiness and aggressive  
9 behaviors; and, especially, the dangers of driving under the influence of sleep deprivation or  
10 fatigue. To this end, the agencies of the Commonwealth as well as private organizations,  
11 especially those interested in education, transportation, public health, and public safety, shall  
12 adopt policies and programs consistent with the goals of: (1) increasing public awareness about

13 sleep, sleep disorders, and consequences of sleep deprivation; (2) promoting science-based  
14 public policies that improve the sleep health of the nation; (3) advancing basic, clinical, applied,  
15 and population-based research; and promoting recognition of and access to care for all  
16 individuals with sleep disorders.

17 Section 15 EEEEE. The governor shall annually issue a proclamation setting apart the second  
18 week of November as Massachusetts Drowsy Driving Prevention Week and recommending that  
19 such week be properly observed as a period of special attention to the need for public awareness  
20 and action relative to the problems of drowsy driving and driver fatigue. For purposes of this  
21 section "drowsy driving" or "driver fatigue" shall mean driving while being "sleepy," "tired,"  
22 "drowsy," or "exhausted."