

SENATE No. 1511

The Commonwealth of Massachusetts

PRESENTED BY:

Richard T. Moore

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 adoption of the accompanying bill:

An Act relative to sleep deprivation avoidance and promotion of good sleeping practices.

PETITION OF:

NAME:

Richard T. Moore

DISTRICT/ADDRESS:

Worcester and Norfolk

SENATE No. 1511

By Mr. Richard T. Moore, a petition (accompanied by bill, Senate, No. 1511) of Richard T. Moore for legislation relative to sleep deprivation avoidance and promotion of good sleeping practices. State Administration and Regulatory Oversight.

[SIMILAR MATTER FILED IN PREVIOUS SESSION
SEE SENATE, NO. 1601 OF 2011-2012.]

The Commonwealth of Massachusetts

In the Year Two Thousand Thirteen

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 2010 Official Edition,
2 is hereby amended by inserting at the end thereof, the following new sections:

3 Section 15 P P P P P. The governor shall annually issue a proclamation setting apart the
4 second week of March as Massachusetts Sleep Awareness Week, and the first Sunday in March
5 as Massachusetts Sleep Awareness Day and recommending that such week be properly observed
6 as 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 QQQQ. The governor shall annually issue a proclamation setting apart the
18 second week of November as Massachusetts Drowsy Driving Prevention Week and
19 recommending that such week be properly observed as a period of special attention to the need
20 for public awareness and action relative to the problems of drowsy driving and driver fatigue.
21 For purposes of this section “drowsy driving” or “driver fatigue” shall mean driving while being
22 “sleepy,” “tired,” “drowsy,” or “exhausted.”