

SENATE No. 1436

The Commonwealth of Massachusetts

In the Year Two Thousand 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
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 EEEEE. 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.”