

**SENATE . . . . . No. 1511**

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**The Commonwealth of Massachusetts**

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PRESENTED BY:

***Richard T. Moore***

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*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.

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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 QQQQQ. 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.”