

**SENATE . . . . . No. 1869**

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**The Commonwealth of Massachusetts**

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PRESENTED BY:

***Patricia D. Jehlen***

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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:

*Patricia D. Jehlen*

DISTRICT/ADDRESS:

*Second Middlesex*

**SENATE . . . . . No. 1869**

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By Ms. Jehlen, a petition (accompanied by bill, Senate, No. 1869) of Patricia D. Jehlen for legislation relative to sleep deprivation avoidance and promotion of good sleeping practices. State Administration and Regulatory Oversight.

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[SIMILAR MATTER FILED IN PREVIOUS SESSION  
SEE SENATE, NO. 1720 OF 2017-2018.]

**The Commonwealth of Massachusetts**

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**In the One Hundred and Ninety-First General Court  
(2019-2020)**  
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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 is hereby amended by inserting the  
2 following new sections:-

3           Section 15 CCCCCC. The governor shall annually issue a proclamation setting apart the  
4 second week of March as Massachusetts Sleep Awareness Week, and the Sunday at the  
5 beginning of Daylight Savings Time, so called as Massachusetts Sleep Awareness Day and  
6 recommending that such week be properly observed as a period of special attention to the  
7 problems of sleep deprivation and fatigue such as: impaired reaction time, judgment and vision;  
8 problems with information processing and short-term memory; decreased performance, vigilance  
9 and motivation; increased moodiness and aggressive behaviors; and, especially, the dangers of  
10 driving under the influence of sleep deprivation or fatigue. To this end, the agencies of the

11 Commonwealth as well as private organizations, especially those interested in education,  
12 transportation, public health, and public safety, shall adopt policies and programs consistent with  
13 the goals of: (1) increasing public awareness about sleep, sleep disorders, and consequences of  
14 sleep deprivation; (2) promoting science-based public policies that improve the sleep health of  
15 the nation; (3) advancing basic, clinical, applied, and population-based research; and promoting  
16 recognition of and access to care for all individuals with sleep disorders.

17           Section 15 DDDDDD. 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.”