

# *Proclamation*

*City of Longview, Washington*

## *Sleep Awareness Month – March 2018*

*WHEREAS, “Sleep Awareness Month” is a nationally recognized event; and*

*WHEREAS, one in every 10 people are affected by sleep disorders, with onset typically between the ages of 3 and 20 years old; and*

*WHEREAS, sleep disorders are an under-recognized and under-diagnosed condition that can harm people physically, neurologically, socially, and emotionally; and*

*WHEREAS, we need approximately 8-10 hours of quality sleep. While many Americans enjoy the benefits of sufficient sleep, as many as 47 million adults may be putting themselves at risk for injury, health and behavior problems because they aren't meeting their minimum sleep need in order to be fully alert the next day.*

*WHEREAS, the dangers of sleep deprivation go far beyond visible risks and undermine all areas of one’s physical and mental health; and*

*Now, THEREFORE, I, Don Jensen, Mayor of the City of Longview, do hereby proclaim March 2018 to be*

***“Sleep Awareness Month.”***

*In witness whereof, I have hereunto set my hand and caused the seal of the City of Longview to be affixed this 22<sup>nd</sup> day of March, 2018.*

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*Don Jensen, Mayor*