

Proclamation



Bob Buckhorn, Mayor

WHEREAS, sleep apnea is a disorder characterized by abnormal pauses in breathing or abnormally low breathing during sleep, whereby the pauses can be a few seconds or upwards of a few minutes, and can occur often during the sleep cycle, up to 30 times an hour, subjecting the individual to poor quality of sleep, and

WHEREAS, sleep apnea affects not only adults, but some children as well, and individuals living with sleep apnea are susceptible to an array of other health risks, including hypertension, heart attack, stroke, obesity and diabetes, and more than 20 million adults in the United States of America are being treated with the disorder; and

WHEREAS, some symptoms of sleep apnea include chronic snoring, morning dry mouth, headaches upon waking, hypertension, difficulty concentrating, and irritability, and it is estimated that 80 percent of sleep apnea cases go undiagnosed, and a common method to diagnose the disorder is a sleep study, where the individual is monitored while asleep for a variety of functions including sleep state, eye movement, muscle activity, heart rate and blood oxygen levels; and

WHEREAS, with the estimated the number of Americans living with the disorder as high as 50 million, spreading awareness is crucial to educating the public on the dangers that sleep apnea can pose to one's health; and

WHEREAS, Sleep Apnea Awareness Day is held annually on April 18th to bring awareness about the disorder, and Sleep Apnea Treatment Centers of America (SATCOA), headquartered in downtown Tampa, Florida, with the mission of providing solutions for those who suffer sleep disorders, is hosting an awareness campaign through social media on April 18, 2014 to educate the community about the sleep apnea, its symptoms and available treatments.

NOW, THEREFORE, I, Bob Buckhorn, by the virtue of the authority vested in me as Mayor of the City of Tampa, Florida, do hereby proclaim the April 18, 2014, as

“SLEEP APNEA AWARENESS DAY”

in the City of Tampa, Florida, and urge all citizens to help support this effort by increasing their knowledge of sleep apnea.

Dated in Tampa, Florida, this 10th day of April, 2014.



Bob Buckhorn

Mayor