



Proclamation

WHEREAS: As many as 100 million Americans are afflicted with serious and life threatening sleep disorders; and

WHEREAS: These afflictions range from major disorders such as sleep apnea and narcolepsy to minor disorders such as snoring and jet lag; and

WHEREAS: Lack of sleep impairs school, work performance and other activities; and

WHEREAS: While significant progress has been forged in the area of sleep disorders, increased research is needed in order to more fully understand this puzzling phenomenon; and

WHEREAS: During the third week of June, the Association of Sleep Disorders Centers is observing National Sleep and Health Awareness Week in order to increase public awareness regarding this serious disorder;

NOW, THEREFORE, I, Rudy Perpich, Governor of the State of Minnesota, do hereby proclaim the third week of June to be

NATIONAL SLEEP AND HEALTH AWARENESS WEEK

in Minnesota.

STATE OF MINNESOTA
DEPARTMENT OF STATE

FILED
JUN 10 1986

Joan Anderson Browne
Secretary of State

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this ninth day of June in the year of our Lord one thousand nine hundred and eighty-six, and of the State the one hundred twenty-eighth.

Rudy Perpich
GOVERNOR

Joan Anderson Browne
SECRETARY OF STATE

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