

**SENATE . . . . . No. 01601**

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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 passage 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. 01601

By Mr. Moore, petition (accompanied by bill, Senate, No. 1601) of Moore for legislation relative to sleep deprivation avoidance and promotion of good sleeping practices [Joint Committee on State Administration and Regulatory Oversight].

[SIMILAR MATTER FILED IN PREVIOUS SESSION  
SEE  
□ SENATE  
□ , NO. 1436 OF 2009-2010.]

## The Commonwealth of Massachusetts

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**In the Year Two Thousand Eleven**  
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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, as appearing in the 2008 Official  
2 Edition, is hereby amended by inserting at the end thereof, the following new sections:  
  
3           Section 15 DDDDD. The governor shall annually issue a proclamation setting apart  
4 the second week of March as Massachusetts Sleep Awareness Week, and the first Sunday in  
5 March as Massachusetts Sleep Awareness Day and recommending that such week be properly  
6 observed as a period of special attention to the problems of sleep deprivation and fatigue such as:  
7 impaired reaction time, judgment and vision; problems with information processing and short-  
8 term memory; decreased performance, vigilance and motivation; increased moodiness and  
9 aggressive behaviors; and, especially, the dangers of driving under the influence of sleep

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

17           Section 15 EEEEE. 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.”