



American Academy of Sleep Medicine

Resolution

Recognizing the increased prevalence of sleep apnea among black Americans who disproportionately remain untreated for their disease

Whereas, 12-18 million Americans remain untreated for obstructive sleep apnea (OSA); and

Whereas, untreated sleep apnea can lead to heart disease, stroke, hypertension, type 2 diabetes, and depression; and

Whereas, 80% of black citizens show symptoms of sleep apnea, opposed to 55% of white individuals; and

Whereas, black individuals are more likely to have sleep apnea than white individuals, but they are less likely to receive treatment for their disease; and

Whereas, black patients with sleep apnea are more obese and have more severe hypertension than white patients; and

Whereas, the lack of awareness of sleep apnea among the black community, combined with a natural disposition to the disease leads to many black individuals developing sleep apnea. Now, therefore, be it

That the House of Representatives:

- (1) Support raising public awareness of sleep apnea within black communities; and
- (2) Support providing access to care black citizens who have sleep illnesses such as OSA; and
- (3) Recognize the naturally increased risk of developing sleep apnea among black individuals; and
- (4) Mitigate the discrepancies between accessibility to sleep care between black and white individuals.

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