

**BY:** Senator PARKER

**MEMORIALIZING** Governor Kathy Hochul to proclaim  
May 2023, as Better Sleep Month in the State of New  
York

**WHEREAS,** It is the custom of this Legislative Body to recognize official months that are set aside to increase awareness of health issues that affect the lives of citizens of New York State; and

**WHEREAS,** Attendant to such concern, and in full accord with its long-standing traditions, this Legislative Body hereby memorializes Governor Kathy Hochul to proclaim May 2023, as Better Sleep Month in the State of New York, in conjunction with the observance of National Better Sleep Month; and

**WHEREAS,** Refreshing sleep is of huge importance to staying healthy; the goal of Better Sleep Month is to encourage people to establish better sleeping patterns; and

**WHEREAS,** Better Sleep Month is supported by the Better Sleep Council (BSC), which aims to raise awareness about the benefits of better sleep and how poor sleep can disrupt our lives; as with diet and exercise, sleep is crucial to our physical, emotional and mental health; and

**WHEREAS,** Inadequate sleep can lead to an increase in blood pressure and stress hormone production; the body can become stressed when it does not get enough sleep; and

**WHEREAS,** The consequences of poor sleep include reduced concentration, mood swings, irritability, stress, and a weakened immune system; the release of stress hormones can also make it harder to sleep, perpetuating an unhealthy sleep cycle; and

**WHEREAS,** It is imperative that there be greater awareness of this health issue, and more must be done to increase activity at the local, State and National levels; now, therefore, be it

**RESOLVED,** That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim May 2023, as Better Sleep Month in the State of New York; and be it further

**RESOLVED,** That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.