2021-J121

Senate Resolution No. 121

BY: Senator PARKER

MEMORIALIZING Governor Andrew M. Cuomo to proclaim
May 2021, 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 Andrew M. Cuomo to proclaim May 2021, 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 Andrew M. Cuomo to proclaim May 2021, 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 Andrew M. Cuomo, Governor of the State of New York.