

## 2023-J145

Senate Resolution No. 145

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.