



# Board of Commissioners of Cook County

118 North Clark Street  
Chicago, IL

## Legislation Text

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### PROPOSED RESOLUTION

#### IDIOPATHIC HYPERSOMNIA AWARENESS DAY JUNE 1ST

**WHEREAS**, Idiopathic Hypersomnia (IH) is a serious and chronic neurological disorder that has a considerable, life-altering impact on those living with the condition and their caregivers; and

**WHEREAS**, the main symptom of IH is excessive daytime sleepiness and/or sleeping in excess of 10 hours per night. Additional symptoms commonly include non-restorative sleep, and severe sleep inertia, which is extreme difficulty awakening from sleep, accompanied by feelings of inordinate disorientation upon awakening; and

**WHEREAS**, this inability to stay awake and alert, an irrepressible need for sleep, and/or lapsing into sleep unexpectedly adversely affects quality of life and wreaks havoc on what most would consider typical day to day activities; and

**WHEREAS**, patients and their caregivers are often dismissed, misunderstood and stigmatized by loved ones, friends, employers and medical professionals; and

**WHEREAS**, despite its seriousness, IH is underrecognized, under researched and underdiagnosed which exacerbates the suffering of those affected. This lack of recognition and understanding leads to prolonged struggles with obtaining proper medical care, accessing necessary accommodations, and receiving adequate support. Diagnosis, when it does happen, is often delayed by up to 10 years or longer; and

**WHEREAS**, the options for treatment are extremely limited in comparison to the gravity of the condition and an incomplete understanding of its pathophysiology. The reason IH occurs remains unknown; and

**NOW, THEREFORE, BE IT RESOLVED**, that the Cook County Board of Commissioners does hereby declare the first Saturday in June as Idiopathic Hypersomnia Day. We applaud the grassroots organizing being undertaken to raise awareness, improve diagnosis, and encourage and support efforts to increase funding and research in order to provide comprehensive care, as well as a diversity of treatment options covered by insurance and ultimately strive for a cure; and

**BE IT FURTHER RESOLVED**, that this text be spread upon the official proceedings of this Honorable Body, and an official copy of same be presented to the Hypersomnia Foundation as they approach their inaugural June 1<sup>st</sup> Idiopathic Hypersomnia Awareness Day.