



BY THE GOVERNOR OF THE STATE OF GEORGIA

A PROCLAMATION

IDIOPATHIC HYPERSOMNIA DAY

- WHEREAS:** Idiopathic hypersomnia (IH) is a serious and chronic neurological disorder associated with debilitating symptoms that affect patients 24 hours per day. IH has a considerable, life-altering impact on people living with the condition and their supporters. It is estimated that about 92,000 adults in the US have IH; and
- WHEREAS:** The main symptom of IH is excessive daytime sleepiness, which is defined by daily periods of an irrepressible need to sleep, or daytime lapses into sleep, regardless of the amount of sleep earned overnight. Common symptoms include severe sleep inertia (or prolonged difficulty waking with frequent re-entries into sleep, confusion, and irritability), brain fog, non-restorative sleep, long sleep (more than 9 hours per night or more than 11 hours in a 24-hour period), and/or long unrefreshing naps; and
- WHEREAS:** The symptoms of IH can adversely affect an individual's quality of life, wreak havoc on typical day-to-day activities, and can lead to problems with thinking, working, and socializing. People with IH may have trouble functioning in society and fully engaging with their friends and loved ones; and
- WHEREAS:** People with IH and their supporters are often misjudged or considered lazy and unmotivated by others; and
- WHEREAS:** Despite its seriousness, IH is under-recognized and under-researched, which leads to underdiagnosis and misdiagnosis. Diagnosis, when it does happen, is often delayed, sometimes by up to 10 years or longer; and
- WHEREAS:** On Idiopathic Hypersomnia Day, the State of Georgia recognizes the Georgians suffering from this debilitating disease and supports the work of those seeking improved care, awareness, and diagnosis of this condition; now
- THEREFORE:** I, BRIAN P. KEMP, Governor of the State of Georgia, do hereby proclaim June 1, 2024, as IDIOPATHIC HYPERSOMNIA DAY in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 2nd day of May in the year of our Lord, Two Thousand and Twenty-Four.



B. Kemp

GOVERNOR

ATTEST

Lauren M. Curry

CHIEF OF STAFF