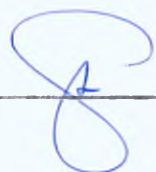


NINETEENTH CONGRESS OF THE)
REPUBLIC OF THE PHILIPPINES)
First Regular Session)



23 ABR 12 P2 :14

SENATE
S. No. 2063

RECEIVED BY: 

Introduced by Senator MARK A. VILLAR

AN ACT
ESTABLISHING A SLEEP DISORDER AWARENESS AND EDUCATION
PROGRAM

Sleep is for the weak. This mantra remains prominent which appears to be a bold and courageous move for one who is clinging to it. But for others, sleep is a luxury. While sleeping seems to be the easiest thing to do, some have trouble doing this – causing serious effects that are detrimental to mental and physical well-being.

Similar to eating and drinking, sleep is a basic human need that is crucial to our general health and well-being. However, sleep disorders constitute a global epidemic that endangers the health and standard of living of up to 45% of the world's population.

Sleep disorders refer to conditions that affect sleep quality, timing, or duration and affect a person's ability to function well. Some of the sleep disorders include insomnia, restless legs syndrome, narcolepsy, and sleep apnea. Most sleep disorders can be treated and be prevented, yet, less than one-third of people suffering from the disorders seek professional help. In the Philippines, most are unaware that sleep disorders exist despite its serious and deleterious effects on one's health. Currently, the Department of Health has no data on sleep disorders in the country.

Thus, this bill seeks to mandate DOH to craft programs to improve the identification of patients who have sleep disorders, increase awareness of such disorders with the public, and train educators (such as teachers, nurses, social workers, coaches, counselors, and school administrators) on effective sleep disorder assistance methods and the prevention of this disorder. The DOH may also provide

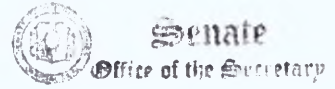
free medical assistance and therapy to those who are suffering from it. This might be a straightforward aid to those who are experiencing it so that they can once more have a restful night's sleep.

In view of the foregoing, the approval of this bill is earnestly sought.




MARK A. VILLAR

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Be it enacted by the Senate and House of Representatives of the Philippines in Congress assembled:

1 Section 1. *Short Title.* – This Act shall be known as the "*Sleep Disorder*
2 *Awareness and Education Act.*"

3 Sec. 2. *Declaration of Policy.* – It is the policy of the State to protect and
4 promote the right to health of the people and instill health consciousness among them.
5 As such, the State shall promote awareness to sleep disorders, including insomnia,
6 narcolepsy, restless legs syndrome, sleep apnea; and provide educational and health
7 programs that may help the public to be knowledgeable on these disorders, and to
8 provide help to those who are experiencing it.

9 Sec. 3. *Definition of Terms.* – As used in this Act, the following terms shall
10 mean:

11 i. "*Insomnia*" – is a sleep disorder characterized by difficulty with falling asleep,
12 staying asleep, or both.

13 ii. "*Narcolepsy*" – a condition characterized by extreme sleepiness during the
14 day and falling asleep suddenly during the day.

15 iii. "*Restless legs syndrome*" (*RLS*) – a type of sleep movement disorder.
16 Restless legs syndrome, also called Willis-Ekbon disease, causes an uncomfortable
17 sensation and an urge to move the legs while you try to fall asleep.

1 iv. "*Sleep apnea*" – is a sleep condition wherein the breathing stops and restart
2 many times while fall asleep.

3 v. "*Sleep disorder*" – refers to a condition which involves problems with the
4 quality, timing, and amount of sleep, which result in daytime distress and impairment
5 in functioning.

6 Sec. 4. *Innovative Assistance for the Identification of, Training on, and*
7 *Educational Awareness of Sleep Disorder.* The Department of Health (DOH) shall craft
8 programs to improve the identification of patients with sleep disorders, increase
9 awareness of such disorders with the public, and train educators (such as teachers,
10 nurses, social workers, coaches, counselors, and school administrators) on effective
11 sleep disorder assistance methods and the prevention of this disorder. The DOH may
12 also provide free medical assistance and therapy to those who are suffering from it.

13 Sec. 5. *Public Service Announcements.* – The Department of Education and the
14 Commission on Higher Education, in consultation with the DOH, shall carry out a
15 program to develop, distribute, and promote the broadcasting of public service
16 announcements to improve public awareness, and to promote the identification and
17 prevention of sleep disorders.

18 Sec. 6. *Sleep Disorder Research and Report.* – Not later than 18 months after
19 the date of the enactment of this Act, the DOH shall conduct a study on the impact of
20 sleep disorder on educational advancement and achievement. The study shall:

21 (a) determine the prevalence of sleep disorder among the population and the
22 morbidity and mortality rates associated with sleep disorder;

23 (b) report on current national and local programs to educate the public about
24 the dangers of sleep disorder, as well as evaluate the value of such
25 programs; and

26 (c) make recommendations on measures that could be undertaken by the
27 Congress, the Secretary of Education, and the Secretary of Health, to
28 strengthen sleep disorder awareness programs.

29 Sec. 7. *Intervention of LGUs* – Local Government Unit (LGUs) shall likewise
30 provide policies in promoting the sleep disorder awareness programs and ensure the
31 implementation of those.

1 Sec. 8. *Separability Clause.* – If any provision, or part hereof, is held invalid or
2 unconstitutional, the remainder of the law or the provision not otherwise affected shall
3 remain valid and subsisting.

4 Sec. 9. *Repealing Clause.* – Any law, presidential decree or issuance, executive
5 order, letter of instruction, administrative order, rule or regulation contrary to or
6 inconsistent with, the provision of this Act is hereby repealed, modified, or amended
7 accordingly.

8 Sec. 10. *Effectivity.* – This Act shall take effect after fifteen (15) days following
9 its publication in the *Official Gazette* or in a newspaper of general circulation.

10 *Approved,*