

**COUNTY OF TIOGA
EXECUTIVE PROCLAMATION**

WHEREAS: Sleep is an essential part of a healthy lifestyle; and

WHEREAS: Insufficient sleep is detrimental to one's own health. Chronic health conditions such as heart disease, kidney disease, high blood pressure, and stroke result from ongoing sleep deprivation; and

WHEREAS: Drowsiness can lead to potential motor vehicle accidents, putting others in harm's way; and

WHEREAS: The CDC recommendation for hours of sleep per day for adults 18 and older is 7-9 hours; and

WHEREAS: In 2018, 40% of adults in Tioga County reported having fewer than 7 hours of sleep on average; and

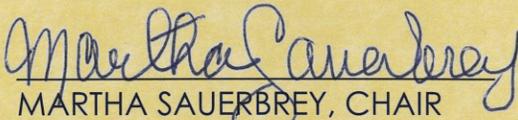
WHEREAS: Creating a sleep schedule and following a consistent nightly routine, including limiting alcohol/caffeine, avoiding large meals before bedtime, and shutting off electronics at least 1 hour prior to bed are beneficial to a good night's sleep; therefore

THE TIOGA COUNTY LEGISLATURE, County of Tioga, does hereby proclaim the month of February 2022 as:

SLEEP AWARENESS MONTH

and urges all residents to get the recommended amount of sleep per night to help reduce chronic health conditions and drowsiness.

Dated: February 15, 2022


MARTHA SAUERBREY, CHAIR
TIOGA COUNTY LEGISLATURE

