

Date of Hearing: February 23, 2026

ASSEMBLY COMMITTEE ON RULES
Blanca Pacheco, Chair
ACR 139 (Calderon) – As Introduced February 13, 2026

SUBJECT: Sleep Apnea Awareness Month.

SUMMARY: Proclaims the month of March as Sleep Apnea Awareness Month in California. Specifically, **this resolution** makes the following legislative findings:

- 1) Obstructive sleep apnea (OSA) is a common, serious, and chronic sleep-related breathing disorder characterized by repeated interruptions of breathing during sleep, leading to fragmented sleep and reduced blood oxygen levels.
- 2) OSA affects an estimated 75 to 80 million adults in the United States, and leading sleep medicine experts estimate that up to 90 percent of cases remain undiagnosed, leaving millions of individuals untreated and at an elevated risk for adverse health and safety outcomes.
- 3) Untreated OSA is associated with significant health risks, including hypertension, heart disease, stroke, type 2 diabetes, obesity, depression, and increased all-cause mortality.
- 4) Evidence-based treatments for OSA, including continuous positive airway pressure, oral appliance therapy, weight management, and surgical interventions when appropriate, have been shown to improve daytime alertness, reduce blood pressure, and lower cardiovascular risk.
- 5) OSA poses substantial workforce and public safety risks due to excessive daytime sleepiness, impaired concentration, and reduced cognitive performance.
- 6) Addressing disparities in sleep apnea awareness, screening, and treatment is essential to advancing health equity and improving health outcomes across California's diverse population.

FISCAL EFFECT: This resolution is keyed non-fiscal by Legislative Counsel.

REGISTERED SUPPORT / OPPOSITION:

Support

None on file

Opposition

None on file

Analysis Prepared by: Michael Erke / RLS. / (916) 319-2800