

ASSEMBLY THIRD READING
ACR 139 (Calderon)
As Introduced February 13, 2026
Majority vote

SUMMARY

Proclaims the month of March as Sleep Apnea Awareness Month in California.

Major Provisions

- 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% 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.

COMMENTS

According to the Author

Obstructive sleep apnea is a widespread but often undiagnosed condition that can lead to serious health problems and safety risks when left untreated. Because many people do not know they have sleep apnea, especially in underserved and communities of color, too many individuals go without effective treatment. Raising awareness is essential to encourage early diagnosis, improve access to care, and reduce preventable health risks.

Arguments in Support

None on file

Arguments in Opposition

None on file

FISCAL COMMENTS

No fiscal impact. This resolution is keyed non-fiscal by Legislative Counsel.

VOTES

ASM RULES: 7-0-3

YES: Pacheco, Lackey, Ahrens, Mark González, Irwin, Michelle Rodriguez, Zbur

ABS, ABST OR NV: Dixon, Garcia, Sanchez

UPDATED

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