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THIRD READING

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Bill No: SR 79  
Author: Niello (R)  
Amended: 2/19/26  
Vote: Majority

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**SUBJECT:** Sleep Health Awareness Week

**SOURCE:** Author

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**DIGEST:** This resolution supports the designation of the week of March 8 through March 14, 2026, as Sleep Health Awareness Week.

**ANALYSIS:** This resolution makes the following legislative findings:

- 1) The California Medical Association, California Sleep Society, American Academy of Sleep Medicine, National Sleep Foundation, Sleep Research Society, and Society for Research on Biological Rhythms advise against permanent daylight saving time and recommend permanent standard time due to impacts to sleep and therefore health.
- 2) Changing between standard time and daylight saving time is severely disruptive to sleep and the natural circadian rhythm of humans, consequently having a negative impact on sleep, health, safety, and education. In the long term, insufficient sleep can increase the risk of diabetes, stroke, heart disease, high blood pressure, depression, and other health conditions.
- 3) For over two decades, the National Sleep Foundation has organized Sleep Health Awareness Week to promote the benefits of healthy sleep and its importance to overall health and well-being.

This resolution encourages the people of the United States to prioritize their sleep health, practice good habits for sleep health, and discuss their sleep with their health care provider.

**FISCAL EFFECT:** Appropriation: No Fiscal Com.: No Local: No

**SUPPORT:** (Verified 2/23/26)

None received

**OPPOSITION:** (Verified 2/23/26)

None received

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2/25/26 16:26:31

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