



HR0708

LRB098 14993 GRL 50081 r

1 HOUSE RESOLUTION

2 WHEREAS, Insomnia is a disruption of the sleep cycle that  
3 can significantly impair everyday functioning; and

4 WHEREAS, Childhood insomnia is a serious condition which  
5 can lead to depression, memory problems, decreased attention  
6 spans, and poor performance in school; and

7 WHEREAS, Children under the age of 12 need 10 to 11 hours  
8 of sleep a night; teenagers need 9 hours of sleep per night;  
9 and

10 WHEREAS, Childhood insomnia can be caused by a variety of  
11 reasons, such as stress, poor bedtime habits, and diet; and

12 WHEREAS, Children with physical illnesses, psychiatric  
13 disorders, or learning disabilities are more prone to childhood  
14 insomnia; and

15 WHEREAS, About 40% of children have a sleep problem  
16 considered to be significant by their parents at some stage of  
17 their development; and

18 WHEREAS, Many cases of childhood insomnia may be solved  
19 through non-drug related treatments, such as proper scheduling

1 and exercise; and

2 WHEREAS, It would benefit students with insomnia to be  
3 eligible for Individualized Education Programs in accordance  
4 with existing special education laws; therefore, be it

5 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE  
6 NINETY-EIGHTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that  
7 we strongly encourage all schools in the State of Illinois to  
8 address and help students suffering from childhood insomnia;  
9 and be it further

10 RESOLVED, That we encourage the Illinois State Board of  
11 Education to develop rules to allow school districts to provide  
12 Individualized Education Programs to students with insomnia to  
13 further assist with their studies.