



BY THE GOVERNOR OF THE STATE OF GEORGIA

## A PROCLAMATION

### IDIOPATHIC HYPERSOMNIA DAY

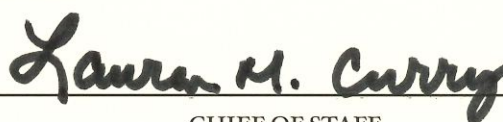
- WHEREAS:** Idiopathic hypersomnia (IH) is a serious and chronic neurological disorder associated with debilitating symptoms that affect patients 24 hours per day. IH has a considerable, life-altering impact on people living with the condition and their supporters; and
- WHEREAS:** It is estimated that about 92,000 adults in the US are diagnosed with IH; and
- WHEREAS:** The main symptom of IH is excessive daytime sleepiness, which is defined by daily periods of an irrepressible need to sleep, or daytime lapses into drowsiness or sleep, despite getting enough sleep the night before; and
- WHEREAS:** Common symptoms include severe sleep inertia, brain fog, non-restorative sleep, long sleep, and long unrefreshing naps; and
- WHEREAS:** The symptoms of IH adversely affect quality of life, wreak havoc on day-to-day activities, and can lead to problems with thinking, working, and socializing. People with IH may have trouble functioning in their jobs, staying in school, having romantic relationships, and fully engaging with their friends and loved ones; and
- WHEREAS:** People with IH and their supporters are often judged, invalidated, dismissed, overlooked, inappropriately considered unmotivated by loved ones, friends, employers, school administrators and medical professionals; and
- WHEREAS:** Despite its seriousness, IH is under-recognized and under-researched, which leads to underdiagnosis, misdiagnosis, and undertreatment. Diagnosis, when it does happen, is often delayed, sometimes by up to 10 years or longer; now
- THEREFORE:** I, BRIAN P. KEMP, Governor of the State of Georgia, do hereby proclaim June 1, 2025, as IDIOPATHIC HYPERSOMNIA DAY in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 15<sup>th</sup> day of April in the year of our Lord, Two Thousand and Twenty-Five.



  
GOVERNOR

ATTEST

  
CHIEF OF STAFF