

# Proclamation

## by Governor Jim Justice

- Whereas,** idiopathic hypersomnia (IH) is a serious, debilitating, and chronic neurological disorder that affects the brain's ability to control sleep and wakefulness. IH has a considerable, life-altering impact on people living with the condition and their supporters; and
- Whereas,** the main symptom of IH is excessive daytime sleepiness, which is a strong daytime sleepiness or need to sleep during the day, even if you had enough sleep the night before. Additional symptoms commonly include brain fog, non-restorative sleep, long sleep (more than 9 hours per night or more than 11 hours in a 24-hour period), long unrefreshing naps, and severe sleep inertia, which is extreme difficulty awakening from sleep, accompanied by strong disorientation; and
- Whereas,** the symptoms of IH adversely affect quality of life, wreak havoc on typical 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 are often judged, invalidated, dismissed, overlooked, inappropriately considered lazy and unmotivated by others, such as 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 and misdiagnosis. Diagnosis, when it does happen, is often delayed, sometimes by up to 10 years or longer; and
- Whereas,** the options for effective treatment are extremely limited in comparison to the gravity of the condition, and researchers don't yet understand the pathophysiology of IH or know its cause; and
- Whereas,** we applaud the grassroots organizers for raising awareness, improving diagnosis, and encouraging and supporting efforts to increase funding and research to provide support, numerous effective treatment options covered by insurance, and eventually a cure.

**Now, Therefore,** Be it Resolved that, I, Jim Justice, Governor of the Great State of West Virginia, do hereby proclaim *June 1, 2024* as:

### *Idiopathic Hypersomnia Day*

in the Mountain State and encourage all citizens to join me in observance.


**In Witness Whereof,** I have hereunto set my hand and caused the Great Seal of the State of West Virginia to be affixed.

**Done** at the Capitol, City of Charleston, State of West Virginia, this the First day of June, in the year of our Lord, Two Thousand Twenty-Four, and in the One Hundred Sixty-First year of the State.



  
Jim Justice  
Governor

*By the Governor:*

  
Mac Warner  
Secretary of State