

**PROCLAMATION**  
**Idiopathic Hypersomnia (IH) Day**  
**A day for Idiopathic Hypersomnia Awareness**

*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, people with IH are often judged, invalidated, dismissed, overlooked, and 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, grassroots organizers, along with the Hypersomnia Foundation, are 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, I, Christopher Taylor, Mayor of Ann Arbor, Michigan, do hereby proclaim the first Saturday in June to be IH Day, a day for Idiopathic Hypersomnia Awareness.*



*I hereby set my hand and seal  
this 1<sup>st</sup> day of June 2024*

A handwritten signature in blue ink that reads "Christopher Taylor".

*Christopher Taylor  
Mayor of the City of Ann Arbor*