

1 **Sleep Disorders Education Amendments**

2026 GENERAL SESSION

STATE OF UTAH

**Chief Sponsor: Karen Kwan**

House Sponsor:

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2 **LONG TITLE**

3 **General Description:**

4 This bill addresses public health education related to sleep disorders.

5 **Highlighted Provisions:**

6 This bill:

7     ▸ requires the Division of Population Health (division) within the Department of Health and  
8 Human Services to develop educational materials and conduct public education outreach  
9 activities related to sleep health and sleep disorders;

10     ▸ permits the division to partner with governmental entities and private organizations to  
11 disseminate the educational materials and conduct the public education outreach  
12 activities; and

13     ▸ defines terms.

14 **Money Appropriated in this Bill:**

15 None

16 **Other Special Clauses:**

17 None

18 **Utah Code Sections Affected:**

19 ENACTS:

20 **26B-1-244**, Utah Code Annotated 1953

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21 *Be it enacted by the Legislature of the state of Utah:*

22 Section 1. Section **26B-1-244** is enacted to read:

23 **26B-1-244 . Sleep disorder education and outreach.**

24 (1) As used in this section, "division" means the Division of Population Health within the  
25 department.

26 (2) The division shall develop educational materials and conduct public education outreach  
27 activities related to sleep health and sleep disorders, including:

28 (a) narcolepsy type 1 and type 2;  
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- 31           (b) idiopathic hypersomnia;  
32           (c) obstructive sleep apnea;  
33           (d) central sleep apnea; and  
34           (e) circadian rhythm sleep-wake disorders.
- 35       (3) The division shall design the educational materials and public education outreach  
36           activities to:
- 37           (a) increase public awareness of sleep disorders and sleep disorders' impact on physical,  
38                 mental, and public health;
- 39           (b) promote early recognition, diagnosis, and evidence-based treatment and medication  
40                 for sleep disorders;
- 41           (c) reduce stigma associated with sleep disorders, particularly sleep disorders that affect  
42                 neurological and mental health;
- 43           (d) educate health care providers, educators, and the general public on best practices for  
44                 screening, diagnosis, and management of sleep disorders; and
- 45           (e) address public safety implications of untreated sleep disorders, including  
46                 occupational hazards and the risks associated with driving.
- 47       (4) The division may partner with other governmental entities and private organizations  
48           including insurers, health care provider professional organizations, school districts,  
49           community health programs, the Department of Workforce Services, and the  
50           Department of Transportation to disseminate educational materials and conduct public  
51           education outreach activities.

52           Section 2. **Effective Date.**

53       This bill takes effect on May 6, 2026.