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March 24, 2025

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On behalf of National Sleep Foundation (NSF), thank you for allowing this written testimony that provides information relevant to the review of and action on HB0339, the “air conditioning” bill introduced by Maryland Delegate Mary Lehman, which has been assigned to the Senate Judicial Proceedings Committee for hearing on Wednesday, March 26 at 1PM. NSF’s expert perspective can help the sleep health of Maryland’s citizens. For note, Maryland has precedents supporting sleep health and safety, as the Maryland DOT joined with NSF on our 2022 Drowsy Driving Prevention campaign.

There’s only one National Sleep Foundation, with our organizational website located at theNSF.org. NSF is a 35-year-old independent 501c3 non-profit headquartered in Washington DC. Our mission is to educate people about the importance of sleep for health and well-being. One of our goals is for community, infrastructure and environments to respect sleep health. Our promise to the public is to help anyone and everyone be their Best Slept Self®. One critical focus in our Best Slept Self model is for people to prioritize and maintain a healthy sleep environment: one that is cool, dark and quiet. Individual needs can be different, but our evidence-based recommendation for sleeping-room temperature is in the range of 60-67 degrees Fahrenheit. Simply put, air conditioners in rental units can help to maintain a cool sleep environment that is conducive to good sleep health.

National Sleep Foundation’s 2025 independent, nationally representative Sleep Health Check™ research with over 1,300 American adults yielded the following four results:

1. Nearly 1/3 of US adults sleep in a cool, quiet, and dark environment 3 days or less during the week. This is a target for improvement.
2. Climate control is Americans’ highest ranked and most important home feature they think can help them and their family sleep better.
3. 53% of US adults said they would pay MORE on rent or a mortgage for a home designed to help them/their family sleep better.
4. 45% of US adults said they would pay more than their CURRENT rent or mortgage for a home designed to help them/their family sleep better.

Consistent with our goals, NSF would support efforts in the built environment that help improve sleep for health and well-being.

Sincerely,



John G. Lopos  
CEO