

HB0425 Motor Vehicle Administration - Sleep Apnea - Reporting Requirement Prohibition - Maryland Legislative Session 2026

**Position: Favorable With Amendments**

A person's diagnosis alone should not be used to determine a person's fitness to be a safe driver. I was diagnosed with obstructive sleep apnea in 2020 after two anesthesiologists pointed out the symptoms to me after two separate upper endoscopy procedures in 2020. My sleep study was conducted in-person in a sleep medicine lab.

I do not believe that the MVA should require drivers to report their diagnosis. I believe it would be more practical to rely on a combination of driving records, Carfax reports, accident reports, and the discretion of a person's doctor or qualified sleep specialist to inform the MVA. A person's healthcare provider is better equipped to know the driver than a doctor who has never met face to face with a person.

Judging a person's ability to drive based on diagnosis alone is prejudicial. For example, Maryland recently passed Eric's ID Law which gives Autistic people the option to disclose they are Autistic and display the established Autism icon on their photo ID. I have a Bachelor's degree in Psychology, I have worked full-time in the autism and developmental disability field for the past 11 years as a case manager, and I am Autistic myself. Every few years I take the National Safety Council online Defensive Driving Course to keep my driving skills current. Scrutinizing my ability to drive safely based on my Autism diagnosis alone is prejudicial.

If the state would like to adopt a universal approach to evaluate and re-evaluate a person's ability to drive safely, it would be ideal to require a driving test at set intervals, like the state requires with emissions testing, with an evaluation of insurance records and moving violations.

Again, determining whether a person can safely drive based on diagnosis alone is unwarranted and is prejudicial. There are other universal methods that the state could ideally adopt to gather information on a driver's capacity to drive safely. I hope the committee takes my feedback and suggestions into consideration.

Sincerely,

Ms. Lizzy Graham  
Silver Spring, MD