Ask Dr. Z - Q and A on Health Topics that Matter with OSF Healthcare

Dr. Andrew Zasada.

Q: Why is getting the right amount of sleep important?

A: Sleep is an essential component of physiological and mental health. It has a direct impact on happiness, alertness, cognitive performance, mood, reasoning, vocabulary acquisition, learning and memory. In toddlers, sleep is necessary for development and motor skill development.

Poor sleep in early childhood has been linked to allergic rhinitis, immune system problems, ADHD, diabetes, and high blood pressure later in life. In adolescents, poor sleep has detrimental impacts on academic performance and mental health. In fact, the U.S. Department of Health and Human Services considers chronic sleep loss in adolescents a public health issue. It is a risk factor for substance abuse, personality problems, and other immediate problems tied to lack of focus like car crashes and violent confrontations.

Issues that might seem minor to adults are often more significant to children. Events like getting a new sibling, teething, a minor illness, moving to a different town, getting a new caregiver and changing the daily routine can all take their toll on your children’s sleep.

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To the Electors of the State of Illinois:

The Constitution of the United States, structure of government and laws for the State of Illinois, There are three ways to initiate change to the Illinois Constitution: (1) a constitutional convention may propose changes to any part of the Constitution, (2) the General Assembly may propose changes to any part of the Constitution, or (3) a petition initiative may propose amendments limited to structural and procedural subjects contained in the Legislative Article. The people of Illinois must approve any changes to the Illinois Constitution and to provide you with a brief explanation and a summary of the arguments in favor of and opposition to the proposed amendment.

PROPOSED AMENDMENT TO ADD SECTION 25 TO ARTICLE I OF THE ILLINOIS CONSTITUTION

ARTICLE I — BILL OF RIGHTS

SECTION 25. WORKERS’ RIGHTS

(a) Employees shall have the fundamental right to organize and to bargain collectively through representatives of their own choosing for the purpose of negotiating wages, hours, and working conditions, and to protect their economic welfare and safety at work. No law shall be passed that interferes with, negates, or diminishes the right of employees to organize and bargain collectively over their wages, hours, and other terms and conditions of employment and safety and health protections, nor shall it prohibit the making of agreements between employers and labor organizations that represent employees requiring membership in an organization as a condition of employment.

(b) The provisions of this Section are applicable to those subsections of Section 6 of Article IV.

EXPLANATION

The proposed amendment, which takes effect upon approval by the voters, adds Section 25 to the Bill of Rights Article of the Illinois Constitution. The new section will guarantee workers the fundamental right to organize and to bargain collectively and to negotiate safety conditions, wages, hours, working conditions, and economic welfare. The amendment prohibits the making of any new law within the State that restricts or prohibits workers from engaging in collective bargaining with their employer over wages, hours, and other terms and conditions of employment, like safety protocols or training.

Arguments Against the Proposed Amendment

A fundamental right provided to all citizens under the First Amendment of the United States Constitution is the right to free speech and freedom of association. Any changes to the Illinois Constitution before they become effective requires the approval of the people of Illinois. The Citizen Petition Amendment Act establishes a process to address the petitions of people who believe a bill is needed to advance a policy that does not currently exist in the Illinois Constitution and to clarify through legislation. Our Illinois Constitution provides such protection to public employees. The result of that protection has been to squelch efforts by state lawmakers and voters to address Illinois’ pension fund deficits.

FORM OF BOLLAT

Proposed Amendment to the 1970 Illinois Constitution

Explanation of Amendment

The proposed amendment would add a new section to the Bill of Rights Article of the Illinois Constitution that would guarantee workers the fundamental right to organize and to bargain collectively and to negotiate wages, hours, and working conditions, and to promote their economic welfare and safety at work. The amendment would give workers the right to organize and to negotiate over wages, hours, and other terms and conditions of employment and workplace safety. At the general election to be held on November 8, 2022, you will be called upon to decide whether the proposed amendment should become part of the Illinois Constitution.

YES

For the proposed addition of Section 25 to Article I of the Illinois Constitution.

No

For the Illinois Constitution.

CITICAPIT BUILDING SPRINGFIELD, ILLINOIS OFFICE OF THE SECRETARY OF STATE

The link below has information about a proposed constitutional amendment that will be considered at the November 8, 2022 general election.


Dr. Andrew Zasada.

Why does the fact that you are a parent mean so much to me?

Because my job is to help your child achieve good, restful sleep. We’ll cover those in a future Q and A. Until then, a good night to all.

Have a health question for Dr. Z? Email jamie@thetuscolajournal.com.