

Denis R Landry  
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Naples, ME 04055

April 21, 2021

130 th Maine Legislature  
Committee on Transportation

Re: Bills 1359 and 1398

Dear Committee Members:

I am writing in support of the two Bills noted above concerning prohibiting the Secretary of State from refusing to issue a Class C driver's license for the medical reason the driver has sleep apnea.

I have had a snoring condition for a number of years as do many other Mainers and countless other Americans. I have never been drowsy or sleepy during the day and my driving has never been impaired. After years of subjecting my family members to my snoring I decided to find a way to stop it for the benefit of my family. There are over the counter products available but I chose to talk with my doctor about it. After explaining it was called sleep apnea told me it can be easily controlled and we decided to try the continuous positive airway pressure therapy (CPAP). I purchased a CPAP machine and was instructed on its use and with the use of an application on my phone I am able to self-monitor my results. An important index called Apnea-Hypopnea Index (AHI) is used to measure how well you are being controlled. An index of 5 or less is considered normal. 5 to 15 is considered mild. Using the app, I am able to bring up my history including number of days used, hours used per day, mask fit, AHI and a wealth of other information. For example, my AHI average for the month of April is .59. As you can see it's a very effective tool for self-monitoring.

When I received the first request from the Secretary of State requesting a physician to complete a medical form due to a disclosed condition, Sleep Apnea, I made an appointment, was examined, and he completed my form and mailed it in. A year later I received another. I felt this was over burdensome to have to continue seeing a doctor when I am very capable of controlling my snoring on my own. I did not comply only to get a letter saying they were suspending my license. I called their office and because I checked the box saying I had sleep apnea at my license renewal I would have to remain under the care of a doctor, be seen annually (doctors' rules to fill out the form), and have a form completed every year. This in my opinion is absurd.

I have a snoring condition as do many Mainers, most who do nothing about it and are not officially diagnosed with Sleep Apnea. My condition, before or after seeing my doctor, has ever caused me to be drowsy or sleepy nor has my driving ever been impaired. There is no requirement for me or the medical provider to report my condition to the State. However, because I chose to be evaluated by a doctor to control my snoring and answered the question at renewal honestly, I must now be burdened with the cost and inconvenience of yearly exams and paperwork for the remainder of my life in order to maintain a Class C driver's license.

I believe this is wrong and I support a change and ask for your support to make this change.

Sincerely,

