

Name: Joys Ifeomachukwu Igban

Bill Chamber: Senate Bill No.002 (OBU)

Bill Name: Sleep for Success 2025

My name is Joys Ifeomachukwu Igban, and I am a lobbyist representing Oral Roberts University (ORU). While reviewing the bill articles, I came across Senate Bill No. 002 from Oklahoma Baptist University (OBU), titled "*Sleep for Success*." This bill focuses on promoting wellness and mental stability among children from Pre-K through twelfth grade.

*Sleep for Success* introduces a wellness break into the daily schedule of public-school students. It is an allotted period for them to recharge away from phones, schoolwork, and social activities. The bill proposes a minimum of fifteen minutes for this break, which I believe is ideal. It provides students with enough time to ground themselves and prepare for the next task.

By passing a law mandating wellness breaks, schools would be required to prioritize students' mental health which is an essential factor influencing both academic progress and overall well-being. In the future, we could also consider expanding this initiative to include private schools.

The bill additionally proposes designated rest zones for these breaks, offering guidance to school instructors who may struggle to provide an effective space for students to relax.

Jimenez, a delegate from Oklahoma State University (OSU), supports the bill's reading in session. He emphasized that mental health, especially for younger students. It must be taken seriously and even suggested the introduction of mental health days to allow students meaningful time to reset.

As an international student who once attended a school with mandatory thirty-minute wellness breaks, I can personally attest to the benefits. My peers and I consistently felt more energized, focused, and refreshed throughout the day.

I strongly believe this bill deserves to be heard. It draws much-needed attention from the Oklahoma Legislature to the mental health of public-school students, who are often overlooked in this regard. Through discussion, collaboration, and possible amendments, we can strengthen this proposal and advocate for the well-being of children as they pursue their education. For these reasons, I wholeheartedly support reading *Sleep for Success* at session.

I hope this was enough to convince the chair to hear this bill at session.

