

**From:** [Susan Devilduckie](#)  
**To:** [HHC Exhibits](#)  
**Subject:** HB 3063- Oppose  
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I support vaccinations. I OPPOSE HB 3063.

When my son was an infant I swore I woke every four to six minutes because he stopped breathing. I brought up his breathing and my concerns to his pediatrician for months. I told them about my sleeplessness. I asked if obstructive sleep apnea was a possibility.

His pediatrician said that obstructive sleep apnea (OSA) was so rare in children that she'd likely never see it in her own practice. She then said being a new mom was hard. My concerns were dismissed. In hindsight between his undiagnosed and my undiagnosed OSA I was rousing 60-70 times or more every hour.

I asked we delay vaccinations and stagger them to one at a time, when possible, because I felt that the risk of further sleeplessness was a health and safety risk for my small family. My concerns and though process was met with an eye roll.

I was rationing my driving and only did it when absolutely necessary. I rarely drove after dark. I'd stopped watching TVs etc because they would send me into a rage. I stopped doing anything that wasn't absolutely necessary at home because we needed sleep, he needed to be cared for and I needed to work full time to support us. I was taking an antidepressant and an anti-anxiety medication. They did nothing to relieve my symptoms.

After more than six months of asking his pediatrician for help and calling the triage nurse crying and begging for help, I reached out to my primary care physician (pcp). After a few seconds of conversation he suggested post partum depression was at play. Then I gave it to him straight. My pcp got quite and he listened. We either address my sleep issues or we need to make a plan to admit me and find someone to have temporary guardianship of my son. Without these supports I didn't know if we would survive.

Frankly I didn't really know how we'd survived this long save for a lot of determination and focus on my part. I walked out of his office with an emergency referral to a sleep doctor and medication to improve my sleep. I immediately began to feel better.

In hindsight I was waking 60-70 times per hour between my OSA and my child's. I lived like that for over a year before I received treatment. My son's OSA was treated when he was almost three. This means I woke several times an hour to my child not breathing for almost three years.

I value that I was able to get a personal exemption and delay my child's vaccinations in a way that fit our need for safety. I know a rough night or two of sleep is a minor inconvenience for most families. I was so close to the edge that it could have been beyond devastating for mine.

We were so lucky to have choice. So damn lucky. Don't take this choice away from me should I have more children. Don't take this choice away from other families.

Sincerely,

Susan Gallagher-Smith  
Eugene, Oregon