[DATE]

Dear Member of Congress,

I write you today as a constituent and as an advocate for the sleep disorders community. As you and your colleagues work to finalize appropriations for Fiscal Year (FY) 2018, please support robust funding for research activities on sleep in general, as well as on sleep and circadian disorders, across various federal agencies.

[Briefly tell your personal story here in 3 – 5 sentences. Suggested Topics:

• Diagnosis: major event leading to diagnosis OR long time undiagnosed and/or misdiagnosed.

• Affects on your ability to work, go to school, raise a family, etc.]

Project Sleep is a 501(c)(3) non-profit organization raising awareness about sleep health and sleep disorders by working with affected individuals and families across the country. Believing in the value of sleep, Project Sleep aims to improve public health by educating individuals and policymakers about the importance of sleep health and sleep disorders. Project Sleep will educate and empower individuals using events, campaigns and programs to bring people together and talk about sleep as a pillar of health.

Due to the important role that sleep plays in overall health and wellness, sleep and circadian research touches nearly every system of the body and is studied in relation to various diseases. It is estimated that 50 – 70 million Americans chronically suffer from a sleep disorder. Adults who do not get enough sleep on a regular basis are also more likely to suffer from medical conditions such as hypertension, obesity, diabetes, and mental health issues. There is also a growing body of medical literature connecting the importance of healthy sleep with conditions that disproportionately impact veterans and active duty military personnel, such as post-traumatic stress disorder.

On behalf of the sleep disorders community, please actively support the following sleep research activities to enhance and advance the federal sleep research portfolio, and improve the lives of affected individuals and families:

* Please provide the National Institutes of Health with at least $36.1 billion, a $2 billion funding increase as proposed by the Senate’s FY 2018 Labor-HHS-Education Appropriations Bill, and support continued implementation of the *National Sleep Disorders Research Plan*.
* Please oppose any efforts to restrict or eliminate research at the Department of Defense through the FY 2018 National Defense Authorization Act, and support the continued inclusion of “sleep disorders” as a condition eligible for study through the Peer-Reviewed Medical Research Program.
* Please provide the VA Medical and Prosthetic Research Program with at least $722.2 million, a $47 million increase as proposed by the Senate’s FY 2018 MilCon-VA Appropriations Bill.

Thank you for your time and your consideration of my request.

Sincerely,

[Name]

[Address, City, State, Zip]