



January 28, 2019

Dear Member of Congress,

On behalf of the sleep, circadian, and forgotten sleep disorders patient and professional community, congratulations on joining the 116th Congress. Please consider the Sleep Research Society and Project Sleep a resource on local and national sleep issues. In this regard, we hope you will support meaningful funding increases for ongoing research activities at the National Institutes of Health, the Department of Defense, and the Veterans Administration as well the reinvigoration of relevant public health activities at the Centers for Disease Control and Prevention (CDC).

Project Sleep is a 501(c)(3) non-profit organization raising awareness about sleep health and sleep disorders by working with 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 educates and empowers individuals using events, campaigns and programs to bring people together and talk about sleep as a pillar of health.

The Sleep Research Society (SRS) was established in 1961 by a group of scientists who shared a common goal to foster scientific investigations on all aspects of sleep and sleep disorders. Since that time, SRS has grown into a professional society comprising over 1,300 researchers nationwide. From promising trainees to accomplished senior level investigators, sleep research has expanded into areas such as psychology, neuroanatomy, pharmacology, cardiology, immunology, metabolism, genomics, and healthy living. SRS recognizes the importance of educating the public about the connection between sleep and health outcomes. SRS promotes training and education in sleep research, public awareness, and evidence-based policy, in addition to hosting forums for the exchange of scientific knowledge pertaining to sleep and circadian rhythms.

Sleep impacts nearly every system of the body and the progression of many conditions. Due to recent investments in medical research, the field has made great progress in recent years (including the 2017 Nobel Prize in Physiology or Medicine). However, more support is needed, particularly for neglected sleep disorders where patient suffering is great, our scientific understanding is limited, and few effective therapies exist. Moreover, the CDC recently ended the highly successful National Healthy Sleep Awareness Project—the only comprehensive public health initiative on sleep—due to a lack of available resources. Moving forward, we hope to work with you and your office to further enhance medical research and ensure the CDC maintains public health activities on sleep and sleep disorders.

Thank you for your time and your willingness to serve. Once again, congratulations.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Andrew Krystal'.

Andrew Krystal, MD, MS
Sleep Research Society

A handwritten signature in black ink, appearing to read 'Julie Flygare'.

Julie Flygare, JD
Project Sleep