



February 10, 2023

Dear Member of Congress,

On behalf of the sleep, circadian, and sleep disorders patient and professional community, congratulations on joining the 118<sup>th</sup> Congress. I write today on behalf of local advocates to offer Project Sleep as a patient-centered resource on contemporary issues facing the community. Moreover, we hope to work with you and your colleagues to; 1) further advance medical research and bolster the portfolios for specific conditions, 2) enhance public health funding and programmatic activity for sleep disorders at the Centers for Disease Control and Prevention (CDC), 3) facilitate further development of innovative treatment options, and 4) address coverage, access, and out-of-pocket cost issues.

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

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 a number of internationally recognized research awards. However, more support is needed, particularly for rare and under-recognized sleep disorders where patient suffering is great, our scientific understanding is limited, and few effective therapies exist. Specifically, please support the following legislative and policy priorities:

- Support additional funding for medical research activities to sustain advancement in the portfolios.
- Sign on to our Fiscal Year 2024 appropriations letter with timely recommended language.
- Continue to include “sleep disorders and restriction” in the Department of Defense Peer-Reviewed Medical Research Program.
- Provide CDC with additional resources and encourage a sustained public health effort focused on sleep disorders and healthy sleep.
- Work with your colleagues to advance legislation to address coverage, access, and out-of-pocket costs challenges for patients.

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

Sincerely,

A handwritten signature in black ink that reads "Julie Flygare". The signature is written in a cursive, flowing style.

Julie Flygare, JD  
Project Sleep