

Congress of the United States

Washington, DC 20515

March 24, 2023

Chairman Robert Aderholt
Subcommittee on Labor, Health and Human Services,
Education, and Related Agencies
House Committee on Appropriations
H-307 The Capitol
Washington, DC 20515

Ranking Member Rosa L. DeLauro
Subcommittee on Labor, Health and Human Services,
Education, and Related Agencies
House Committee on Appropriations
1036 Longworth House Office Building
Washington, DC 20515

Dear Chair Aderholt and Ranking Member DeLauro:

As you consider appropriations for Fiscal Year (FY) 2024, we write to request the inclusion of language regarding sleep disorders, circadian biology research, related health disparities, and sleep and public health within the Committee Report accompanying the House Fiscal Year 2024 Labor, Health and Human Services, Education, and Related Agencies (L-HHS) appropriations legislation.

Despite the critical role that sleep plays in overall health outcomes, the Centers for Disease Control and Prevention (CDC) estimates that more than 30 percent of U.S. adults and approximately 65–80 percent of adolescents nationwide experience sleep deficiency. In addition, an estimated 50-70 million Americans live with a chronic sleep disorder. Sleep deficiency is thought to disproportionately impact populations in the United States that experience other health-related disparities. Additional research indicates that these populations are more likely to have sleep disorders, less likely to receive screening for sleep issues, and more likely to be undiagnosed and untreated for sleep disorders, including racial and ethnic minority populations.

The National Institutes of Health (NIH) continues to lead global efforts to support research, innovation, education, and scientific advances related to sleep disorders and sleep and circadian biology through the National Center on Sleep Disorders Research (NCSDR). The five-goal Sleep Research Plan developed by NCSDR aims to address sleep-related health disparities, facilitate clinical sleep and circadian research, and advance the scientific understanding and health impacts of sleep deficiency and circadian misalignment. As the NCSDR continues its work to implement the Sleep Research Plan, we should encourage further advancement and ensure improvements facilitate progress for specific sleep disorders.

Despite strong scientific evidence of sleep's critical role in overall health outcomes and related disparities, CDC only has a few narrow sleep programs. CDC must build on this foundation and modernize sleep public health, surveillance, education, and awareness activities using a comprehensive approach to combat sleep deficiencies, disparities, and disorders.

We respectfully request that the L-HHS Subcommittee consider and include the following language as part of the Committee Report accompanying its FY 2024 L-HHS Appropriations Bill:

National Institute of Health, National Heart, Lung, and Blood Institute:

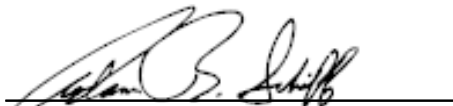
Sleep Health, Circadian, and Sleep Disorders.—The Committee applauds NHLBI and other NIH Institutes and Centers for the ongoing commitment to sleep and circadian research, and notes the wealth of opportunities for further progress in specific sleep disorders. The National Center for Sleep Disorders Research (NCSDR) is encouraged to advance the blueprint for ongoing and emerging activities outlined through the recent NIH Sleep Research Plan and to advise the committee of any resources, infrastructure, or innovation needed to facilitate further progress.

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion:

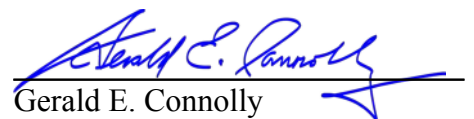
Sleep and Public Health.—The Committee notes that sleep deficiency and sleep and circadian conditions impact large percentages of the population and are a major factor in health disparities, CDC currently maintains only a few narrow public health activities in specific areas, usually where sleep is a comorbidity of another condition. CDC is encouraged to approach sleep as a major public health issue and to utilize additional discretionary resources and community collaborations to begin critical activities focused on sleep health, sleep equity, and sleep disorders through the National Center for Chronic Disease Prevention and Health Promotion. Moreover, CDC is directed to provide an overview of resources needed for a comprehensive sleep program through its FY 2025 budget justification.

Thank you for your consideration of these requests and your willingness to engage on this critical issue.

Sincerely,



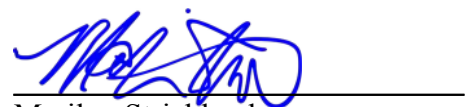
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Member of Congress



Gerald E. Connolly
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Member of Congress



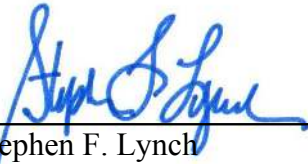
Marilyn Strickland
Member of Congress



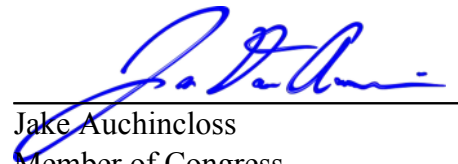
Vicente Gonzalez
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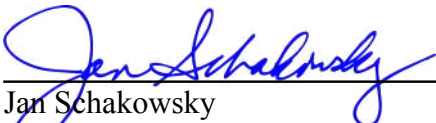
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Stephen F. Lynch
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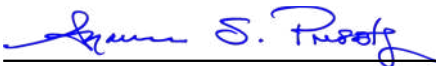
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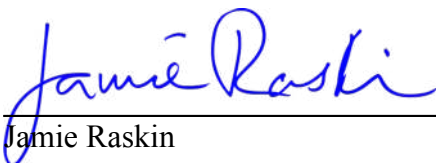
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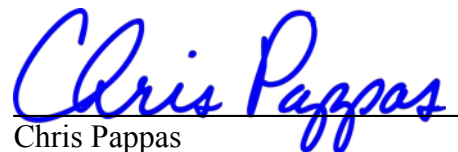
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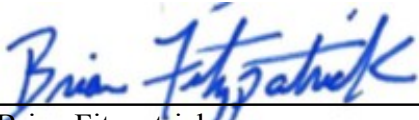
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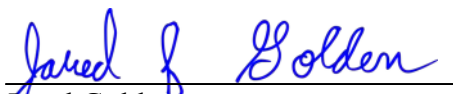
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