

Congress of the United States

Washington, DC 20515

May 1, 2024

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 Chairman Aderholt and Ranking Member DeLauro:

As you consider appropriations for Fiscal Year (FY) 2025, we write to request the inclusion of language regarding sleep health and sleep disorders within the Committee Report accompanying the House FY 2025 Labor, Health and Human Services, Education, and Related Agencies (L-HHS) Appropriations Bill.

The Centers for Disease Control and Prevention (CDC) has declared insufficient sleep a public health problem. According to CDC, about one-third of American adults report sleeping less than the recommended seven hours of sleep per night, which is associated with an increased risk of developing obesity, diabetes, high blood pressure, coronary heart disease, stroke, and mental distress. Nearly 70 percent of American adults report insufficient sleep or rest at least once a month and 11 percent report insufficient sleep every day of the month.

Despite the pervasiveness of sleep disorders among Americans and extensive associated health risks, there is no coordinated, public health sleep program at CDC. Moreover, there is no active effort through the Health Resources and Service Administration (HRSA) to expand health care provider education or training regarding sleep disorder awareness, diagnosis, or treatment options. It is critical that Congress and our federal health partners work to address these gaps in our public health.

Moreover, according to the National Institutes of Health (NIH), poor sleep health can lead to the development of neurological and psychiatric disorders including depressive and anxiety disorders, memory problems, and dementia, including Alzheimer's disease. Further, untreated sleep disorders can be linked to an increased risk for accidents, anxiety, memory issues, obesity, high blood pressure, heart disease, diabetes, depression, and strokes. The National Center on Sleep Disorders Research at NIH is working to advance innovative research plans and sustain scientific progress, and these efforts should be recognized.

We respectfully request that the L-HHS Subcommittee consider and include the following language as part of the Committee Report accompanying its FY 2025 L-HHS Appropriations Bill:

Recommended Report Language
Labor-HHS-Education Appropriations Bill

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

Sleep Health and Sleep Disorders.—The committee notes the troubling lack of coordinated sleep activities in public health despite the impact of sleep as a major driver of health. Within the increase for the Center, the committee provides funding to support sleep health and sleep disorders awareness, epidemiology, detection, and care activities. These resources are intended to supplement, and not supplant, any ongoing or emerging sleep or sleep disorders activities and to support new and timely efforts.

Recommended Report Language
Labor-HHS-Education Appropriations Bill
Health Resources and Services Administration
Bureau of Primary Care

Sleep Disorders.—The committee notes the pronounced delays in diagnosis that persist for many affected by sleep disorders, that advancements in screening continue to create meaningful opportunities to recognize conditions and link patients to care, and the negative outcomes that occur when patients, particularly children, endure undiagnosed and sometimes easily treatable conditions. HRSA is encouraged to explore opportunities to enhance sleep screening and related awareness tools among frontline health providers, and to otherwise work with stakeholders to advance efforts that quickly recognize sleep disorders and link patients to appropriate specialized care.


Recommended Report Language
Labor-HHS-Education Appropriations Bill
National Institutes of Health
National Heart, Lung, and Blood Institute

National Center on Sleep Disorders Research [NCSDR].—The committee commends NCSDR for facilitating sustained progress in advancing research into sleep, circadian, and sleep disorders and recognizes NHLBI for taking steps to refresh the Institute's strategic vision. The committee encourages a continued focus in this area to ensure further scientific advancement and, ultimately, improved patient care and treatment for individuals affected by a variety of sleep disorders.

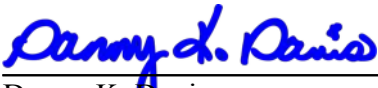
Sincerely,



Adam B. Schiff
Member of Congress



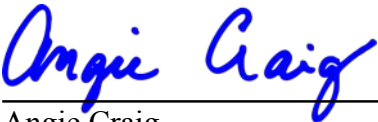
Gerald E. Connolly
Member of Congress



Danny K. Davis
Member of Congress



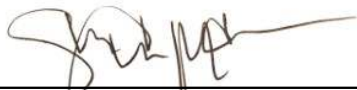
Stephen F. Lynch
Member of Congress



Angie Craig
Member of Congress



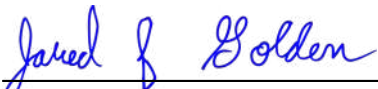
Dan Goldman
Member of Congress



Sheila Cherfilus-McCormick
Member of Congress



Richard E. Neal
Member of Congress



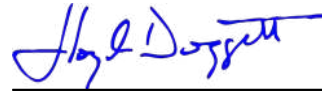
Jared Golden
Member of Congress



Terri A. Sewell
Member of Congress



Jake Auchincloss
Member of Congress



Lloyd Doggett
Member of Congress



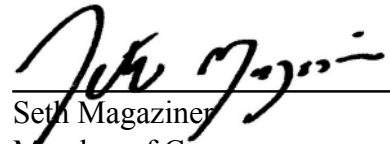
Chellie Pingree
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Summer Lee
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Bill Foster
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Seth Magaziner
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James P. McGovern
Member of Congress



Chris Pappas
Member of Congress



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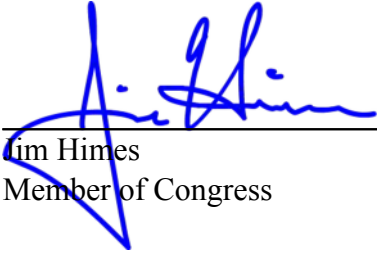
Donald G. Davis
Member of Congress



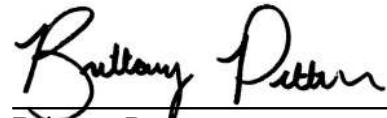
Marilyn Strickland
Member of Congress



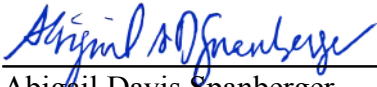
Kevin Mullin
Member of Congress



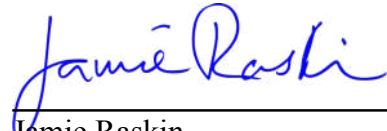
Jim Himes
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Brittany Pettersen
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Abigail Davis Spanberger
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Ayanna Pressley
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Diana DeGette
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Jamaal Bowman, Ed.D.
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Jan Schakowsky
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Jahana Hayes
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