

[DATE]

Dear Member of Congress,

As a constituent, I write today on behalf of the sleep, sleep disorders, and circadian research community to ask for your support on contemporary issues. The Sleep Research Society (SRS) would like to take this opportunity to provide your office with background on sleep and sleep disorders as well as important medical research and public health activities serving patients.

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 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.

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, like post-traumatic stress disorder.

As you work with your colleagues on appropriations for FY 2019, please support the following priorities:

- Provide at least a \$2 billion funding increase for the National Institutes of Health (NIH) to bring overall funding up to a minimum of \$39.1 billion annually.
- Continue to include “sleep disorders” on the annual list of conditions deemed eligible for study through the Department of Defense Peer-Reviewed Medical Research Program.
- Provide meaningful funding increases for the VA Medical and Prosthetic Research Program to advance emerging scientific activities that serve veterans.
- Provide line-item funding of \$250,000 or more to ensure that the Centers for Disease Control and Prevention can continue to support the National Healthy Sleep Awareness Project, the only public health effort focused on sleep and sleep disorders.

Sincerely,  
[NAME]  
[ADDRESS]