DATE

Honorable \_\_\_\_\_\_\_\_\_\_\_,

Address

City, State, Zip

Dear Representative\_\_\_\_\_\_\_\_\_\_\_\_\_:

As your constituent and as a member of the American Academy of Sleep Medicine (AASM), I would like to ask for your support for [H.Res.46](https://www.congress.gov/bill/115th-congress/house-resolution/46/text?q=%7B%22search%22%3A%5B%22graves%22%5D%7D), which was introduced on January 12. The resolution expresses support for soldiers and veterans with obstructive sleep apnea and post-traumatic stress disorder (PTSD). This bipartisan resolution is being sponsored by Rep. Sam Graves, Member of the House Committee on Armed Services; Rep. Timothy Walz, Ranking Member of the House Committee on Veterans’ Affairs; Rep. Sanford Bishop, Co-Chair of the Congressional Military Family Caucus; Rep. Peter J. Roskam, [R-IL-6]; and Rep. Scott H. Peters, [D-CA-52]. The resolution also has received support from the American Legion.

**The purpose of the resolution is to:**

* **Raise public awareness of obstructive sleep apnea, especially for U.S. soldiers and veterans**
* **Support access to care for soldiers and veterans who have a sleep illness such as obstructive sleep apnea**
* **Encourage soldiers and veterans to seek and maintain healthy sleep habits both during and after active duty**
* **Promote continuous positive airway pressure (CPAP) therapy as a viable treatment for sleep apnea in patients with PTSD**

***Would you be interested in sponsoring* *the resolution?***

Research suggests that the prevalence of sleep apnea is higher among veterans than in the general population. A recent study of younger veterans of U.S. operations in Iraq and Afghanistan found that [69 percent were at high risk for sleep apnea](http://www.aasmnet.org/jcsm/ViewAbstract.aspx?pid=30015). CPAP therapy is an effective treatment for sleep apnea, and research suggests that [CPAP also reduces PTSD-associated nightmares](http://www.aasmnet.org/jcsm/ViewAbstract.aspx?pid=29506) and improves overall PTSD symptoms in veterans with comorbid sleep apnea. According to the [National Center for PTSD](http://www.ptsd.va.gov/public/PTSD-overview/basics/how-common-is-ptsd.asp), up to 20 percent of U.S. veterans have PTSD in a given year.

Thank you for your consideration. If you have any questions or would like to discuss further, please contact the AASM at [policy@aasm.org](mailto:policy@aasm.org) or by phone at (630) 737-9700.

Sincerely,