

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]

[Recipient's Name]
[Title/Position]
[Department of Veterans Affairs]
[Address]
[City, State, Zip Code]

Subject: Buddy Letter in Support of [Veteran's Name] - Sleep Apnea Claim
Dear [Recipient's Name],

I am writing this letter as a buddy statement to support the claim of [Veteran's Name], who is seeking benefits related to sleep apnea. I have known [Veteran's Name] for [duration of your relationship], and during this time, I have witnessed firsthand the struggles they face due to their condition.

[Paragraph 1: Describe your relationship with the veteran. Include details such as how you met, the context of your relationship (e.g., service buddies, family, etc.), and how well you understand their situation.]

[Paragraph 2: Provide specific observations about the veteran's sleep apnea symptoms. Mention times you've witnessed symptoms, episodes of snoring, gasping for breath, excessive daytime sleepiness, etc. Be as detailed as possible regarding the impact of these symptoms on their daily life.]

[Paragraph 3: Explain how the sleep apnea has affected other aspects of their life. Discuss changes in mood, productivity, relationships, or any challenges faced at work or home due to the condition.]

[Paragraph 4: If applicable, refer to any relevant military service factors that contribute to their condition. Highlight any specific incidents, deployments, or stressors related to their military service that may have led to or exacerbated their sleep apnea.]

In conclusion, I can attest to the significant impact that sleep apnea has on [Veteran's Name]'s life and well-being. They have bravely served our country, and it is vital that their health issues are recognized and addressed adequately.

Thank you for considering this letter in support of their claim. Please feel free to contact me at [Your Phone Number / Email] if you require any further information.

Sincerely,

[Your Name]

[Your Signature (if sending a hard copy)]