

**\*\*Template Example for Sleep Apnea Buddy Letter Submission:\*\***

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Date]

[Recipient's Name]

[Recipient's Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to provide insight and support regarding my buddy, [Buddy's Name], who has been diagnosed with sleep apnea.

[Buddy's Name] has shared the challenges they face, including disrupted sleep patterns and daytime drowsiness, which impacts their daily life. I have witnessed firsthand how sleep apnea affects them, including

[specific examples like irritability, difficulty concentrating, etc.].

Despite these challenges, [Buddy's Name] has been proactive in seeking treatment and adhering to their prescribed CPAP therapy. It is evident that [he/she/they] is committed to improving their health and quality of life.

Our friendship has been strengthened during this time, and I am eager to support [Buddy's Name] in any way possible. I believe it's important to acknowledge the impact of sleep apnea not only on the individual but also on those around them.

Thank you for considering this letter as part of [Buddy's Name]'s submission. If you have any questions or need further information, please do not hesitate to reach out to me.

Sincerely,

[Your Name]

[Your Relationship to Buddy]