

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

Department of Veterans Affairs

[Relevant VA Office Address]  
[City, State, Zip Code]

Subject: Buddy Letter for Sleep Apnea Claim

To Whom It May Concern,

I, [Your Full Name], am writing this letter in support of [Veteran's Full Name], who is my [relationship to the veteran, e.g., friend, spouse, etc.], and who has served in [branch of service] from [start date] to [end date]. I am providing this "buddy letter" to attest to [his/her/their] struggles with sleep apnea as part of [his/her/their] disability claim.

I have known [Veteran's Name] since [year], and during our time together, I have witnessed [him/her/them] experience symptoms related to sleep apnea, including [list symptoms such as loud snoring, gasping for air during sleep, excessive daytime sleepiness, etc.]. These symptoms have significantly impacted [his/her/their] daily life, including [describe any relevant effects on work, social life, relationships, etc.].

On multiple occasions, I have observed [Veteran's Name] struggling to get adequate rest, and [he/she/they] often expresses feelings of fatigue and irritability during the day as a result of poor sleep quality.

Additionally, [if applicable, describe any witnessed events, such as a situation where you noticed their condition worsening or affecting their health].

It is my belief that [Veteran's Name]'s service has contributed to [his/her/their] current health issues, including sleep apnea. The following factors from [his/her/their] military service may have contributed to the development of sleep apnea: [list any relevant experiences, such as exposure to environmental factors, stress from military duties, etc.].

I hope this letter provides valuable insight into [Veteran's Name]'s condition and supports [his/her/their] claim for the necessary assistance and benefits. If you require any further information or clarification, please feel free to contact me at [your phone number or email address].

Thank you for your attention to this matter.

Sincerely,

[Your Signature (if sending a hard copy)]  
[Your Printed Name]