

**\*\*Template Example for a Buddy Letter Regarding Sleep Apnea\*\***

[Your Name]

[Your Address]

[City, State, ZIP Code]

[Email Address]

[Phone Number]

[Date]

[Recipient's Name]

[Recipient's Title/Position]

[VA Office Address]

[City, State, ZIP Code]

Dear [Recipient's Name],

Subject: Buddy Letter for [Veteran's Name] - Sleep Apnea Claim

I am writing this letter in support of [Veteran's Name], who has been experiencing sleep apnea symptoms that significantly impact his/her daily life. As [his/her] [relationship to the veteran, e.g., close friend, family member, colleague], I have observed the challenges and difficulties he/she faces due to this condition.

Specifically, I have witnessed [Veteran's Name] struggle with [describe specific symptoms, e.g., excessive daytime sleepiness, loud snoring, gasping for air during sleep]. These issues have affected [his/her] ability to [mention impact on daily activities, work performance, or relationships].

[Provide a personal anecdote or observation that illustrates the veteran's challenges related to sleep apnea. This could include witnessing episodes during sleep or how sleep disturbances affect their mood and functionality during the day.]

I believe that [Veteran's Name]'s sleep apnea diagnosis is legitimate and has been a direct result of [mention any relevant service-related exposure or incidents]. [He/She] has taken steps to address this issue by [mention any treatments or medical advice followed, such as using a CPAP machine, visiting a doctor, etc.], but the effects of the condition remain pronounced.

In conclusion, I wholeheartedly support [Veteran's Name]'s claim for benefits related to sleep apnea. Please feel free to contact me at [your phone number or email] if you require any additional information or further details regarding my observations.

Thank you for your attention to this matter.

Sincerely,

[Your Signature (if sending a hard copy)]

[Your Printed Name]