

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

[Department of Veterans Affairs]
[Address of the VA Office]
[City, State, Zip Code]

Subject: Buddy Letter in Support of [Veteran's Name] - Claims for Sleep Apnea

Dear [VA Official/Claims Processor],

I am writing to provide a buddy letter in support of [Veteran's Name], who is currently filing a claim for sleep apnea. I have known [him/her/them] for [number of years] and can attest to [his/her/their] experiences and symptoms related to this condition.

During our time together [describe your relationship, e.g., "while serving in the military," "since we met in the neighborhood," etc.], I observed that [Veteran's Name] frequently exhibited signs of sleep disturbances, including excessive daytime sleepiness, loud snoring, and moments of breath cessation during sleep. I remember one occasion when [provide a specific anecdote illustrating the symptoms, e.g., "we were on a field exercise, and I noticed [he/she/they] struggled to stay awake during the day despite having had a full night's sleep"].

Furthermore, [Veteran's Name] has shared [his/her/their] struggles with [mention any other related issues, e.g., "fatigue," "mood swings," "mental health challenges"], which I believe are directly connected to the undiagnosed sleep apnea condition [he/she/they] experienced during and after military service.

It is my sincere belief that the symptoms exhibited by [Veteran's Name] significantly impair [his/her/their] quality of life and should be taken into serious consideration when evaluating [his/her/their] claim for benefits related to sleep apnea. I urge you to recognize the validity of [his/her/their] experiences and grant the necessary support for this claim.

Thank you for your attention to this matter. Should you require any further information or clarification, please feel free to contact me at [your phone number or email address].

Sincerely,

[Your Signature (if mailing a hard copy)]

[Your Name]

[Your Relationship to the Veteran]