

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

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

Subject: Buddy Letter for [Veteran's Full Name] regarding Sleep Apnea  
To Whom It May Concern,

I am writing this letter in support of [Veteran's Full Name], who has been diagnosed with sleep apnea. I have known [Veteran's First Name] for [number] years, and we have shared numerous experiences that attest to the difficulties he/she faces due to this condition.

During the time I have known [Veteran's First Name], it has become evident that sleep apnea has significantly impacted his/her daily life and functioning. I have witnessed him/her struggle with excessive daytime sleepiness, which has affected [his/her] ability to concentrate and perform routine tasks. I recall one instance when [specific example of how sleep apnea affected daily life, such as difficulty at work or lack of energy].

Furthermore, I have observed the significant effects of sleep apnea on [Veteran's First Name]'s overall health and well-being. [He/She] often experiences symptoms such as loud snoring, gasping for air during sleep, and restless nights. These challenges have made it difficult for [him/her] to maintain a regular sleep schedule and have exacerbated feelings of frustration and anxiety.

I believe that [Veteran's First Name]'s condition warrants serious consideration for assistance from the VA. His/Her service to our country deserves recognition and support, especially as he/she navigates the challenges posed by sleep apnea.

Please feel free to contact me if you require any additional information or have further questions regarding my observations and experience with [Veteran's First Name].

Thank you for your attention to this matter.

Sincerely,

[Your Name]

[Your Signature (if sending a hard copy)]