

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

[Recipient Name]  
[Recipient Address]  
[City, State, Zip Code]

Dear [Recipient Name],

I am writing this letter to share my experiences regarding [Buddy's Name] and their struggles with sleep apnea. As [his/her/their] close friend, I have witnessed firsthand the impact this condition has had on [his/her/their] daily life.

Over the time I've known [Buddy's Name], I have noticed several significant changes in [his/her/their] behavior and health. [He/She/They] frequently complain of excessive daytime sleepiness, which interferes with [his/her/their] ability to concentrate at work/school and participate in activities. Additionally, [he/she/they] often experiences headaches and irritability, which can be attributed to poor quality sleep.

On numerous occasions, I have seen [Buddy's Name] struggle during social gatherings due to fatigue. It's heartbreaking to see [him/her/them] withdraw or become frustrated because [he/she/they] is unable to keep up with conversations or activities due to feelings of exhaustion. [Buddy's Name] has taken the initiative to seek medical help and has been diagnosed with sleep apnea. Despite this diagnosis, I believe that [he/she/they] requires additional support, not just from medical professionals, but also from friends and family who understand the challenges [he/she/they] faces.

I strongly encourage you to consider [Buddy's Name]'s situation with compassion and understanding. Your support can make a significant difference in [his/her/their] journey to manage this condition effectively.

Thank you for taking the time to read this letter. I hope it offers insight into [Buddy's Name]'s experiences and highlights the importance of support during this challenging time.

Sincerely,  
[Your Name]