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April 19, 2022

Dear Colleague,

Please join me in supporting federal research and scientific advancements related to sleep disorders and circadian biology through the National Center on Sleep Disorders Research (NCSDR) within the Committee Report accompanying House Fiscal Year 2023 Labor, Health and Human Services, Education, and Related Agencies (L-HHS).

Despite evidence demonstrating the significant role that sleep disorders play in poor health outcomes and health disparities, sleep deficiency continues to impact nearly one in three Americans.<sup>1</sup> Through NCSDR, the National Institutes of Health (NIH) continues to lead global efforts to support research, innovation, education, and scientific advances related to sleep disorders and circadian biology.

Last year, NCSDR published a five-goal Sleep Research Plan to address sleep-related health disparities, facilitate clinical sleep and circadian research, and advance the scientific understanding and health impacts of sleep deficiency and circadian misalignment. To ensure the comprehensive implementation of the Sleep Research Plan, Congress must provide NCSDR with robust resources to achieve the plan's strategic goals.

Please join me in supporting timely committee recommendations for NIH through the FY 2023 appropriations process by joining the corresponding sign on letter. To sign on, please complete this [form](#) via Quill. Please contact Kaitlyn Kelly at [Kaitlyn.Kelly@mail.house.gov](mailto:Kaitlyn.Kelly@mail.house.gov) with any questions.

Sincerely,

Adam B. Schiff  
MEMBER OF CONGRESS

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<sup>1</sup> <https://www.cdc.gov/sleep/index.html>

**Congress of the United States**  
**Washington, DC 20515**

[[DATE]]

The Honorable Rosa DeLauro  
Chair, Labor-HHS-Education  
Appropriations Subcommittee

The Honorable Tom Cole  
Ranking Member, Labor-HHS-Education  
Appropriations Subcommittee

The Honorable Sanford Bishop  
Chair, Agriculture-FDA  
Appropriations Subcommittee

The Honorable Andy Harris  
Acting Ranking Member, Agriculture-FDA  
Appropriations Subcommittee

Dear Chairs DeLauro and Bishop, and Ranking Members Cole and Harris:

As you consider appropriations for Fiscal Year (FY) 2023, we write to request the inclusion of language regarding sleep and sleep disorders within the Committee Reports accompanying the House FY 2023 Labor, Health and Human Services, Education, and Related Agencies (L-HHS).

The National Institutes of Health (NIH) continues to lead global efforts to support research, innovation, education, and scientific advances related to sleep disorders and circadian biology through the National Center on Sleep Disorders Research (NCSDR). Despite the critical role that sleep plays in overall health outcomes, the Centers for Disease Control and Prevention (CDC) estimates that more than 30 percent of U.S. adults and approximately 65–80 percent of adolescents nationwide experience sleep deficiency. Further, sleep deficiency is thought to disproportionately impact populations in the United States that experience other health-related disparities.<sup>1</sup>

Last year, NCSDR released a five-goal Sleep Research Plan that aims to address sleep-related health disparities, facilitate clinical sleep and circadian research, and advance the scientific understanding and health impacts of sleep deficiency and circadian misalignment. These goals were informed in part by a minority health and health disparities research framework developed through the National Institute on Minority Health and Health Disparities (NIMHD). The plan also identifies nine Critical Opportunities (CO) related to the strategic goals, including working to develop tools for the early prediction, detection, and treatment of sleep deficiency, and identifying people-driven approaches to promote healthy sleep behaviors.

As the NCSDR begins its work to implement the 2021 Sleep Research Plan, Congress must ensure that NIH is provided with adequate resources to achieve each of the five strategic goals and comprehensively explore each Critical Opportunity. We respectfully request that the L-HHS Subcommittee consider and include the following language as part of the Committee Report accompanying its FY 2023 L-HHS Appropriations Bill:

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<sup>1</sup> <https://academic.oup.com/sleep/article/43/8/zsaa037/5802387?login=true>

1. National Institute of Health, National Heart, Lung, and Blood Institute:

*Sleep Research Plan.*—The Committee commends the National Center on Sleep Disorders Research for the release of the NIH Sleep Research Plan. The Committee requests information on the resources and assistance NCSDR will need to fully implement the plan and advance stated goals. The Committee supports the use of infrastructure capable of conducting multi-center sleep network studies and clinical trials related to the Sleep Research Plan.

2. National Institute of Health, National Institute on Minority Health and Health Disparities:

*Sleep Health and Health Disparities.*—The Committee applauds ongoing and emerging efforts by the NIMHD to advance health equity and address health disparities, including cross-institute initiatives and the initiatives identified by the recent Minority Health and Health Disparities Research Framework. The Committee notes the disproportionate impact of sleep deficiencies among populations that experience health disparities in the United States, including American Indians/Alaska Natives, Asian Americans, Blacks/African Americans, Hispanics/Latinos, Native Hawaiians and other Pacific Islanders, sexual and gender minorities, the socioeconomically disadvantaged; and those living in underserved rural areas. The Committee encourages further work in and collaboration with community stakeholders on the issue of sleep health disparities.

Thank you for your consideration of these requests and your willingness to engage on this critical issue.

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