

FY25 Support for Sleep Disorder Research

Sending Office: Honorable Adam B. Schiff
Sent By: Kaitlyn.Kelly@mail.house.gov

Support Sleep Disorder Research in FY25

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Dear Colleague,

Please join me in supporting federal research, scientific advancements, and public health efforts focus on sleep health and sleep disorders within the Committee Report accompanying House Fiscal Year 2025 Labor, Health and Human Services, Education, and Related Agencies (L-HHS) Appropriations Bill.

Despite notable scientific advancements and improvements in care, millions of Americans wait ten years or more to receive a proper diagnosis of a sleep disorder. It is well documented that many school-age children are referred to behavioral programs each year when they should be recognized as potentially affected by a sleep disorder and referred to a sleep specialist.

As estimated by the National Academies, 50-70 million Americans live with a chronic sleep disorder which contributes to a majority of which are undiagnosed. Finally, published economic and public health studies have found that the lack of proper sleep and sleep health costs the country approximately \$411 billion annually.

While there's now strong scientific evidence of sleep's critical roles in overall health and research indicating the systemic nature of sleep disparities, CDC only has a few narrow sleep programs, usually where sleep is a comorbidity of another condition. CDC should build on this foundation and modernize sleep public health, surveillance, education, and awareness activities using a comprehensive approach to combat sleep deficiencies, disparities, and disorders. Other agencies such as HRSA, can further support emerging efforts. In conclusion, much of the public health progress is now needed as a result of sustained research advancement led by NIH, which should be commended.

Please join me in supporting timely committee recommendations on sleep health and sleep disorders through the FY 2025 appropriations process by joining the corresponding sign on letter. To sign on, please access [this Quill link](#). Please contact Kaitlyn Kelly at Kaitlyn.Kelly@mail.house.gov with any questions.

Sincerely,
Adam B. Schiff
MEMBER OF CONGRESS

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April 26, 2024

Dear Chairman Aderholt and Ranking Member DeLauro:

As you consider appropriations for Fiscal Year (FY) 2025, we write to request the inclusion of language regarding sleep health and sleep disorders within the Committee Report accompanying the House FY 2025 Labor, Health and Human Services, Education, and Related Agencies (L-HHS) Appropriations Bill.

The Centers for Disease Control and Prevention (CDC) has declared insufficient sleep a public health problem. According to CDC, about one-third of American adults report sleeping less than the recommended seven hours of sleep per night, which is associated with an increased risk of developing obesity, diabetes, high blood pressure, coronary heart disease, stroke, and mental distress. Nearly 70 percent of American adults report insufficient sleep or rest at least once a month and 11 percent report insufficient sleep every day of the month.

Despite the pervasiveness of sleep disorders among Americans and extensive associated health risks, there is no coordinated, public health sleep program at CDC. Moreover, there is no active effort through the Health Resources and Service Administration (HRSA) to expand health care provider education or training regarding sleep disorder awareness, diagnosis, or treatment options. It is critical that Congress and our federal health partners work to address these gaps in our public health.

Moreover, according to the National Institutes of Health (NIH), poor sleep health can lead to the development of neurological and psychiatric disorders including depressive and anxiety disorders, memory problems, and dementia, including Alzheimer's disease. Further, untreated sleep disorders can be linked to an increased risk for accidents, anxiety, memory issues, obesity, high blood pressure, heart disease, diabetes, depression, and strokes. The National Center on Sleep Disorders Research at NIH is working to advance innovative research plans and sustain scientific progress, and these efforts should be recognized.

We respectfully request that the L-HHS Subcommittee consider and include the following language as part of the Committee Report accompanying its FY 2025 L-HHS Appropriations Bill:

Recommended Report Language
Labor-HHS-Education Appropriations Bill
Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

Sleep Health and Sleep Disorders.—The committee notes the troubling lack of coordinated sleep activities in public health despite the impact of sleep as a major driver of health. Within the increase for the Center, the committee provides \$X million in funding to support sleep health and sleep disorders awareness, epidemiology, detection, and care activities. These resources are

intended to supplement, and not supplant, any ongoing or emerging sleep or sleep disorders activities and to support new and timely efforts.

Recommended Report Language
Labor-HHS-Education Appropriations Bill
Health Resources and Services Administration
Bureau of Primary Care

Sleep Disorders.—The committee notes the pronounced delays in diagnosis that persist for many affected by sleep disorders, that advancements in screening continue to create meaningful opportunities to recognize conditions and link patients to care, and the negative outcomes that occur when patients, particularly children, endure undiagnosed and sometimes easily treatable conditions. HRSA is encouraged to explore opportunities to enhance sleep screening and related awareness tools among frontline health providers, and to otherwise work with stakeholders to advance efforts that quickly recognize sleep disorders and link patients to appropriate specialized care.

Recommended Report Language
Labor-HHS-Education Appropriations Bill
National Institutes of Health
National Heart, Lung, and Blood Institute

National Center on Sleep Disorders Research [NCSDR].—The committee commends NCSDR for facilitating sustained progress in advancing research into sleep, circadian, and sleep disorders and recognizes NHLBI for taking steps to refresh the Institute's strategic vision. The committee encourages a continued focus in this area to ensure further scientific advancement and, ultimately, improved patient care and treatment for individuals affected by a variety of sleep disorders.

Sincerely,

[[SIGNATURES]]