

FY26 Sleep Health Appropriations Letter

Sending Office: Honorable Zoe Lofgren

Sent By: Arlet.Abrahamian@mail.house.gov

**Request for
Signature(s)**

Sign on via [Quill](#) by Wed. May 21 @ 11:30 PM EDT

Note: This letter includes three LHHS requests.

Dear Colleague,

Please join me in supporting federal research and scientific advancements related to sleep health, sleep and circadian disorders, and circadian biology through the National Center on Sleep Disorders Research (NCSDR) as well as needed public and provider awareness efforts coordinated by the Department of Health and Human Services (HHS) and the Centers for Disease Control and Prevention (CDC) by requesting language within the Committee Report accompanying House Fiscal Year 2026 Labor, Health and Human Services, Education, and Related Agencies (L-HHS) Appropriations Bill.

NIH's investment in cutting-edge science has led to numerous recent breakthroughs with innovative new therapies coming to the market for people with sleep disorders. Our ability to diagnosis and treat a variety of sleep conditions has improved, but due to a lack of public and professional awareness, significant challenges remain as the majority of the 50 – 70 million Americans with sleep disorders are without accurate diagnosis or treatment. The challenges are particularly pronounced for our youth, as adolescents with undiagnosed sleep disorders exhibit a 3-fold increase in the likelihood of experiencing suicidal ideation compared to their peers without sleep disorders.

HHS can take a leadership role to coordinate with NIH's NCSDR and emerging efforts at CDC to promote sleep health and offset the costly, detrimental downstream impacts of undiagnosed sleep disorders via improved public and healthcare provider education.

Please join me in supporting timely committee recommendations for HHS, NIH, and CDC through the FY 2026 appropriations process by joining the corresponding sign on letter. To sign on, please complete this form via [Quill](#). Please contact Arlet.Abrahamian@mail.house.gov with any questions.

Sincerely,

Zoe Lofgren

Member of Congress

Letter Text

Dear Chairman Aderholt and Ranking Member DeLauro:

As you consider appropriations for Fiscal Year (FY) 2026, we write to request the inclusion of language regarding sleep health and sleep disorders within the Committee Report accompanying the House FY 2026 Labor, Health and Human Services, Education, and Related Agencies (L-HHS) Appropriations Bill.

According to leading national professional organizations, 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, frequent mental distress, and all-cause mortality. Insufficient sleep is estimated to cost the United States \$411 billion annually. However, there is no coordinated sleep awareness or education efforts across HHS, beyond successful research led by NIH.

Moreover, according to 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 along with their potential to support emerging public health activities. However, despite breakthroughs in treatment and innovative therapies, the majority of the 70 million Americans living with a chronic sleep disorder are currently undiagnosed. For those who do get diagnosed, it takes years if not decades to receive that accurate diagnosis and begin treatment. Much more can be done across HHS and health-related agencies to coordinate and link research progress with improvements in professional education and patient care.

We respectfully request that the L-HHS Subcommittee consider and include the following language and timely program request as part of the Committee Report accompanying its FY 2026 L-HHS Appropriations Bill:

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 recognizes NCSDR for facilitating and coordinating effective sleep health and sleep disorders research across NIH and HHS. The committee notes that recent scientific progress along with improvements in care and therapy are often not reaching the individuals that could most often benefit from them as time to diagnosis for many conditions is measured in years if not decades. NCSDR is encouraged to work with stakeholders across HHS to better translate research finding, raise awareness of breakthroughs and opportunities, and support public health efforts to link patients to care.

Recommended Report Language

Labor-HHS-Education Appropriations Bill

Department of Health and Human Services

Office of the Secretary

Sleep Disorders.—The committee notes the lack of dedicated sleep health and sleep disorders activities across HHS despite the number of Americans affected, the economic cost and burden of illness, and the connection between sleep and serious chronic diseases, including obesity and heart disease. HHS is encouraged to establish a coordinating effort to promote sleep health and sleep disorders provider education, awareness, and epidemiology, and to better represent sleep in existing programs and mechanisms. Moreover, HHS is encouraged to work with the community to incorporate sleep into emerging efforts to study and combat chronic illness, particularly pediatric conditions.

Programmatic/Report Language Request

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 that scientific advancement led by NIH, VA, and DOD have created significant recent progress in sleep health information and our understanding of the connection between sleep and many serious chronic illnesses, improved our ability to screen or otherwise identify various conditions, and enhanced our ability to treat a variety of conditions with innovative therapies and care. Concerningly though, there is little public or professional awareness and individuals often wait years or decades for an accurate diagnosis, which has the greatest health impact on affected children and adolescents. The committee provides \$1 million in funding to support sleep health and sleep disorders awareness, epidemiology, detection, and care activities and otherwise encourages CDC to work with HHS and stakeholder organizations to identify and leverage timely opportunities.

[[CLOSING]]

[[SIGNATURES]]

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