

# Personal Statement for Sleep Disorder Diagnosis

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

To Whom It May Concern,

I am writing this personal statement to provide insight into my experiences with sleep disorders that have significantly affected my daily life. For the past [insert duration], I have been struggling with [specific sleep disorder], characterized by [briefly describe symptoms].

My sleep issues began [insert time period or event], leading to [consequences such as fatigue, concentration difficulties, etc.]. Despite trying various methods to improve my sleep quality, such as [list methods like lifestyle changes, over-the-counter medications, etc.], little to no relief has been achieved.

These challenges have impacted my [mention areas of life affected, e.g., work, relationships, health], making it essential for me to seek a formal diagnosis. I believe that understanding the root cause of my sleep disturbances will allow me to explore effective treatment options and improve my overall quality of life.

Thank you for considering my statement. I look forward to your guidance in this matter.

Sincerely,

[Your Name]