Hello, I'm [Full Name],

I'm writing to describe how my service-connected tinnitus has led to chronic insomnia, which is severely impacting my life both socially and occupationally. This insomnia isn't just about not getting enough sleep; it's affecting my brain and mental health in profound ways.

The lack of sleep I experience due to insomnia caused by my tinnitus makes it difficult for me to concentrate and stay productive at work. This has put my job at risk and made it hard to maintain my professional responsibilities. The constant ringing in my ears during the night makes it almost impossible to find peace, leading to restless nights and fatigue-filled days.

My social life has also been hit hard. The irritability and bad mood stemming from sleep deprivation have led to misunderstandings and strained relationships. I often find myself withdrawing from social activities because I'm just too tired or anxious to engage. My relationships are suffering as I've become more emotionally volatile and easily upset, increasing the likelihood of arguments and conflicts.

Moreover, the persistent state of sleeplessness has triggered a cycle of negative emotions, worsening my overall mental health. I've started experiencing symptoms akin to depression and anxiety, and my cognitive functions like memory and focus have deteriorated. This has only added to my stress, creating a vicious cycle that's hard to break.

The impact of insomnia on my life goes beyond the direct effects of sleep deprivation. It has led to a decrease in my overall productivity and increased the risk of making costly mistakes. This has not only affected me but also those around me, as my judgment and decision-making abilities have been compromised.

To combat this insomnia, I've tried various methods, including adjusting my sleep habits and seeking medical advice. However, the root cause, my tinnitus, remains a persistent issue. My life has changed drastically due to this condition, and I hope that this can be recognized and considered in my claim

Thank you.