

Regis Dugan, E-6
Proponent Testimony (Written)
SB153-Ohio Veterans NOW Transcranial Magnetic Stimulation Program
Senate Workforce and Higher Education Committee

Hello, and I appreciate the chance to give my written proponent testimony on the SB153. Chairman Johnson, Vice Chair Cirino, and Ranking Member Williams, my name is Regis Dugan and I served in the United States Marine Corps from 2009 to 2021.

I was in the reserves for all 12 years, but I was also on active duty orders frequently as a Motor T Mechanic. As a mechanic, there were many trying tasks that required very late nights and early mornings. This became the norm for me. The constant late nights and early mornings eventually led to me believing that my body did not need more than 4 hours of sleep at night. This impacted my life as a whole because without sleep, I was on edge and very easily angered. Unfortunately the people closest to me and who I cared the most about saw this and it negatively affected them as well. I have suffered from the lack of sleep for about 10 years now.

I heard about TMS from my girlfriend who has helped get TMS started in Ohio. After doing the TMS program, I have been able to sleep longer and my quality of sleep has vastly improved. I actually wake up and feel rested and ready to attack the day.