



## **Sleep Apnea: VA Disability Rating Explained**

The VA rates sleep apnea under Diagnostic Code 6847, which falls under 38 CFR § 4.97. The rating depends on the severity of the condition and its impact on daily functioning. Here's an overview of the rating criteria for sleep apnea:

### **Diagnostic Code 6847: Sleep Apnea Syndromes (Obstructive, Central, Mixed)**

- **0%:** Asymptomatic but with documented sleep disorder breathing.
- **30%:** Persistent daytime hypersomnolence.
- **50%:** Requires use of a continuous positive airway pressure (CPAP) machine.
- **100%:** Chronic respiratory failure with carbon dioxide retention or cor pulmonale, or; requires tracheostomy.

### **Rating Criteria Explanation:**

- **0% Rating:** This is assigned when the sleep apnea is asymptomatic, but there is documented evidence of sleep disorder breathing, such as snoring or abnormal breathing patterns during sleep. However, it does not significantly impact daytime functioning.
- **30% Rating:** If the individual experiences persistent daytime hypersomnolence (excessive daytime sleepiness) due to sleep apnea, they may receive a 30% rating. Hypersomnolence can impair daily functioning and quality of life.



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- **50% Rating:** This rating is assigned if the individual requires the use of a CPAP machine to manage their sleep apnea. A CPAP machine helps keep the airway open during sleep, reducing episodes of breathing cessation (apneas) and improving sleep quality.
- **100% Rating:** If the sleep apnea leads to chronic respiratory failure with carbon dioxide retention or cor pulmonale (right heart failure), or if the individual requires a tracheostomy due to severe sleep apnea complications, they may be eligible for a 100% rating. These conditions significantly impair health and may require continuous medical intervention.

### **Additional Considerations:**

- **Symptoms:** The severity of symptoms such as daytime sleepiness, snoring, witnessed apneas, and morning headaches can impact the rating. -
- **Functional Impact:** The VA considers how the sleep apnea affects daily activities, employment, and overall quality of life. -
- **Medical Evidence:** Documentation from sleep studies, physician assessments, and treatment records are crucial for establishing the diagnosis and severity of sleep apnea.