

# How the VA Rates Sleep Apnea

Regulatory Source: 38 CFR § 4.97 – Diagnostic Code 6847

VA Source: <https://ecfr.gov>

## Summary:

Sleep apnea is rated based on how severe it is and whether it requires medical intervention. CPAP usage is the most common reason veterans receive a 50% rating.

## VA Rating Table:

Rating	Explanation
0%	Sleep apnea is diagnosed but does not cause symptoms that require treatment or impact your ability to function.
30%	Persistent daytime hypersomnolence (excessive daytime sleepiness) as a result of sleep apnea.
50%	Sleep apnea requires the use of a CPAP (continuous positive airway pressure) or similar breathing assistance device.
100%	Chronic respiratory failure with carbon dioxide retention, cor pulmonale, or requires tracheostomy.

## Required Evidence:

- Sleep study confirming sleep apnea diagnosis (mild, moderate, or severe)
- Evidence of CPAP or breathing aid usage (for 50%+ rating)
- Symptoms: daytime fatigue, snoring, breathing interruption during sleep
- Optional: pulmonologist or sleep specialist opinion
- Medical records showing impact on respiratory or heart function

## Pro Tip:

Sleep apnea is often secondary to PTSD, obesity from medication side effects, or nasal trauma. Be sure to explore secondary connections if direct service link is unclear.