

# How the VA Rates Sleep Disturbance / Insomnia

Regulatory Source: 38 CFR § 4.130 – Evaluated under mental health criteria

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

## Summary:

The VA does not assign a standalone diagnostic code for insomnia or sleep disturbance. Instead, it is evaluated under mental health ratings (like PTSD or anxiety) or as a symptom of physical conditions (e.g., pain or apnea).

## VA Rating Table (Typically Embedded in Other Ratings):

Rating	Explanation
0%	Sleep issues are present but do not significantly affect daily life or require medical treatment. Diagnosis exists but no documented impairment.
10%–30%	Sleep disturbance impacts ability to function, causes fatigue, or contributes to mood issues. Often rated under a primary condition like PTSD, depression, or chronic pain.
50%–100%	Severe sleep disruption contributes to total occupational and social impairment. These ratings are usually derived from a primary mental health or neurological condition.

## Required Evidence:

- Diagnosis of insomnia or chronic sleep disturbance
- Sleep study results (if linked to physical cause)
- Mental health provider documentation (if tied to PTSD/anxiety)
- Statements showing daytime fatigue, poor memory, or mood swings
- Documentation of failed sleep medication or treatment impact

## Pro Tip:

Insomnia is almost always rated as a symptom of another service-connected condition. Use it to strengthen claims for PTSD, depression, pain, or sleep apnea.