

VA Sleep Apnea Claims Guide: Summary and Worksheets

Your own working pages. These are your notes in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim. The full guide, with the research, charts and sources, stays on the website.

Start with the essentials

1 Start with the sleep-study record

Record the diagnosis and apnea type as written in the report, along with the study date and prescribed treatment. Leave unknown results blank.

2 Keep diagnosis and service connection separate

A sleep-study result identifies the condition. The guide separately explains the possible connection to service, or to another service-connected condition.

3 Describe the history and daily effects

Organize what you experienced, what someone else actually observed, and what changed with treatment. Do not treat research percentages as your own odds.

Prepare: your own working pages

Optional. These are your own notes, in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim.

Sleep study and treatment record

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Study date, facility, and diagnosis exactly as recorded

Apnea type and results you can locate

Prescribed treatment, date, and what happened afterward

Onset and daily-life timeline

—

Earliest symptoms you remember and approximate dates

What another person actually noticed, and when

Daytime effects and concrete examples at work or home

Exam and provider conversation

—

History and treatment changes you want to explain

Questions about a possible connection or worsening

Records available and questions for the clinician

Records and unanswered questions

—

Record, date, source, and page if known

Do I have my own copy?

Choose one



Do I know whether the VA has it?

Choose one



Missing records, request dates, and questions to follow up

Decision-letter reading sheet

—

Letter date, condition, and what the VA decided

Reasons and evidence listed, with page numbers

Dates and instructions in the letter; questions for a representative
