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Must-Know Sleep Apnea Claim Tips

Tip #1: Submit Your Intent to File ASAP

If you display any symptoms of sleep apnea, submit your intent to file. If you decide not to complete your claim, you have lost nothing. But if you do win your claim, your compensation will be backdated to your intent to file date. An earlier intent to file date = more compensation for you.



Tip #2: Don't Disqualify Yourself if You Don't Use Your CPAP

You should be using your CPAP for your health, but if you haven't been using it, don't assume you can't file a sleep apnea claim. The current regulations speak to your requiring a CPAP, but they do not speak to how often you use it.

Tip #3: Don't Overcomplicate Things

You will need documentation of a current diagnosis. You will also need documentation connecting your diagnosis to your military service. However, if you were diagnosed with sleep apnea while you were in the military, you should be standing on solid ground.



Tip #4: Consider Claiming Sleep Apnea as a Secondary Condition

If you received a sleep apnea diagnosis while serving in the military, you have a strong chance of getting VA compensation. But what happens if you didn't? One option is to file a secondary claim, where you show that your sleep apnea developed as a result of another service-connected condition, such as PTSD or tinnitus.