



## FOR YOUR EYES ONLY

EDIT ALL **HIGHLIGHTED PORTIONS** and whatever else necessary in order to be truthful and accurate..

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I am seeking service connection for sleep apnea, a condition that has significantly impacted my daily life and overall well-being. As a result of this sleep disorder, I experience persistent fatigue, daytime drowsiness, and difficulty concentrating, which have affected my ability to function effectively in both my personal and professional life.

Due to the severity of my sleep apnea, I have been prescribed a CPAP/APAP machine to help manage my symptoms. The use of this medical device is essential for ensuring that I receive adequate, uninterrupted sleep. Without it, I experience frequent breathing interruptions throughout the night, leading to poor sleep quality and the associated negative consequences.

The CPAP/APAP machine has become a necessary part of my daily routine, and I am required to use it every night to alleviate my sleep apnea symptoms. The machine helps maintain an open airway, preventing the episodic pauses in breathing that characterize this condition. Although the device is effective in managing my sleep apnea, it is not without its



challenges. Adjusting to sleeping with the machine has been difficult, and I often experience discomfort and inconvenience associated with its use.

Despite the use of the CPAP/APAP machine, my sleep apnea continues to have a significant impact on my daily functioning. I often wake up feeling unrefreshed and groggy, struggling to stay alert and focused throughout the day. This persistent fatigue has hindered my productivity at work, causing me to make errors and struggle with meeting deadlines. It has also strained my personal relationships, as I have difficulty engaging in social activities and maintaining the energy required to be an active participant in my family life.

In conclusion, I respectfully request that service connection be granted for my sleep apnea. The prescribed CPAP/APAP machine, while necessary for managing my symptoms, is a constant reminder of the severity of my condition and the ongoing challenges I face. The medical evidence and the significant impact of sleep apnea on my daily functioning support the need for a fair and appropriate disability rating.