

SEPTEMBER IS CHIARI AWARENESS MONTH

Chiari & Sleep

According to data from the Chiari 1000, the vast majority of adult women with Chiari have trouble sleeping. Specifically, 83% of 830 adult women who participated reported trouble sleeping as a symptom of Chiari (around the time of diagnosis). This is close to double the rate in the general population. According to the National Sleep Foundation, 45% of adults in the US report that at least once in the past seven days, their daily activities were negatively affected by poor sleep. Interestingly, among the Chiari women, only 11% reported they had been diagnosed by a doctor with sleep apnea. Again, according to the National Sleep Foundation, this is in-line with the general prevalence among adults, also 11%. So why do so many more Chiari patients have trouble sleeping? Certainly pain could be a big factor, with 93% of the same women reporting pain as a symptom. But it is also possible that some Chiari patients have undiagnosed sleep apnea. While only 11% reported being diagnosed, research reports where Chiari patients underwent sleep studies found that the apnea rate among Chiari adults could be as high as 75%!