

## SEPTEMBER IS CHIARI AWARENESS MONTH

### *Sleep Apnea and Chiari*

How did you sleep last night? If you're a Chiari patient, odds are not too well. Looking beyond the difficulty that chronic pain causes, Chiari related sleep apnea is well recognized and is an active area of research. Several studies using sleep testing have found very high rates of sleep apnea among Chiari patients, both the obstructive type and central type. In fact, one study from France found that up to 75% of adult Chiari patients suffered from at least mild sleep apnea. The connection between Chiari and apnea could be due to weak muscles (obstructive) or brainstem compression (central). More recently, some researchers have focused on the actual dimensions of the mouth and airway in Chiari patients. Along these lines, as part of the Chiari 1000 project, the researchers at the CCRC are measuring several anatomical features that may come into play in terms of apnea.