

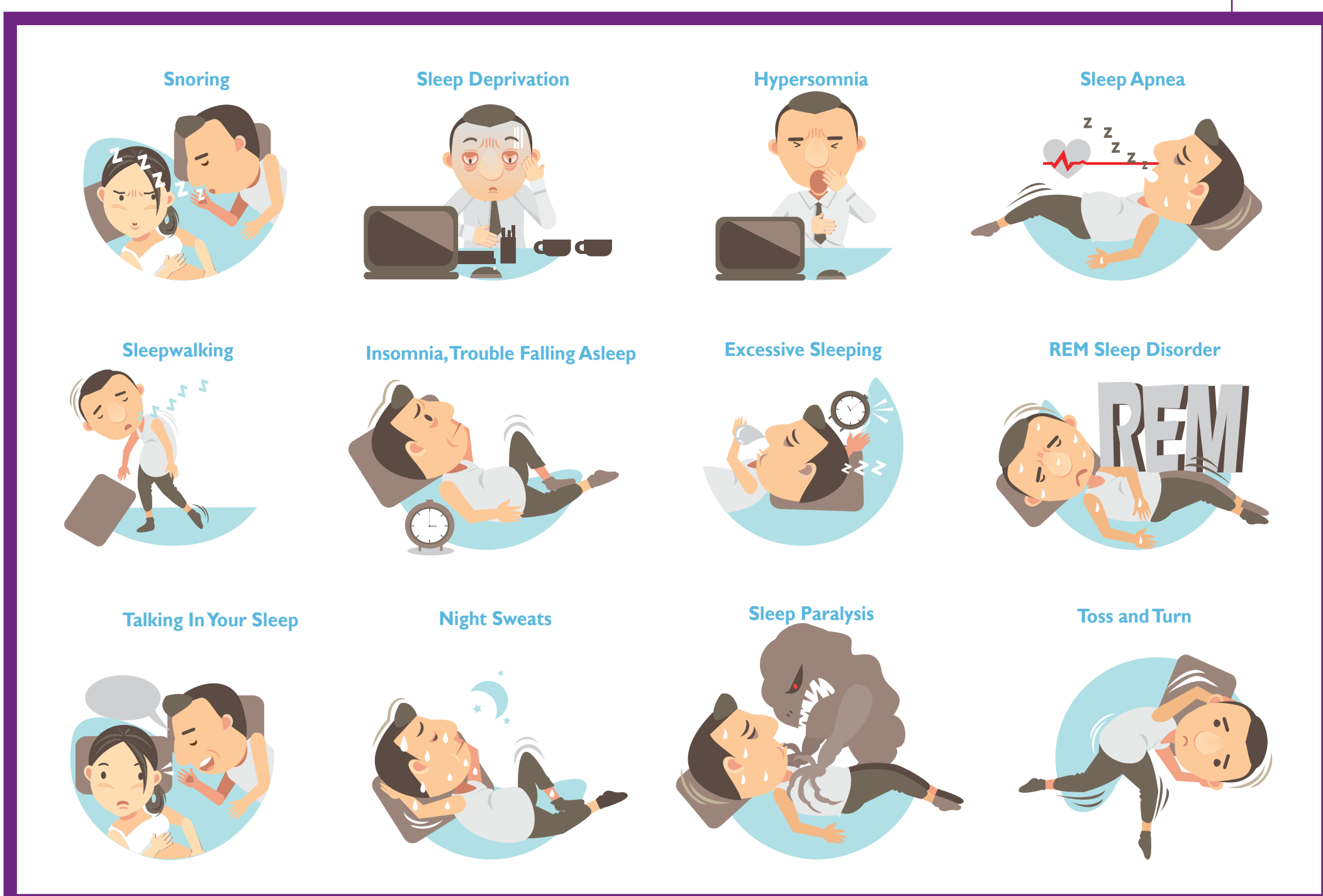
# Chiari and Sleep.

*The Chiari1000 reports, out of the adult women with Chiari, only 11% reported they had been diagnosed by a doctor with sleep apnea. According to the National Sleep Foundation, the general prevalence among adults is also 11%.*

According to the Chiari1000 data, 11% of the adult women with Chiari reported they had been diagnosed by a doctor with sleep apnea. 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.

**Sleep Apnea -**  
*condition where a person temporarily stops breathing over and over during sleep*

## Insomnia



## AHI Apnea-Hypopnea Index (events per hour)

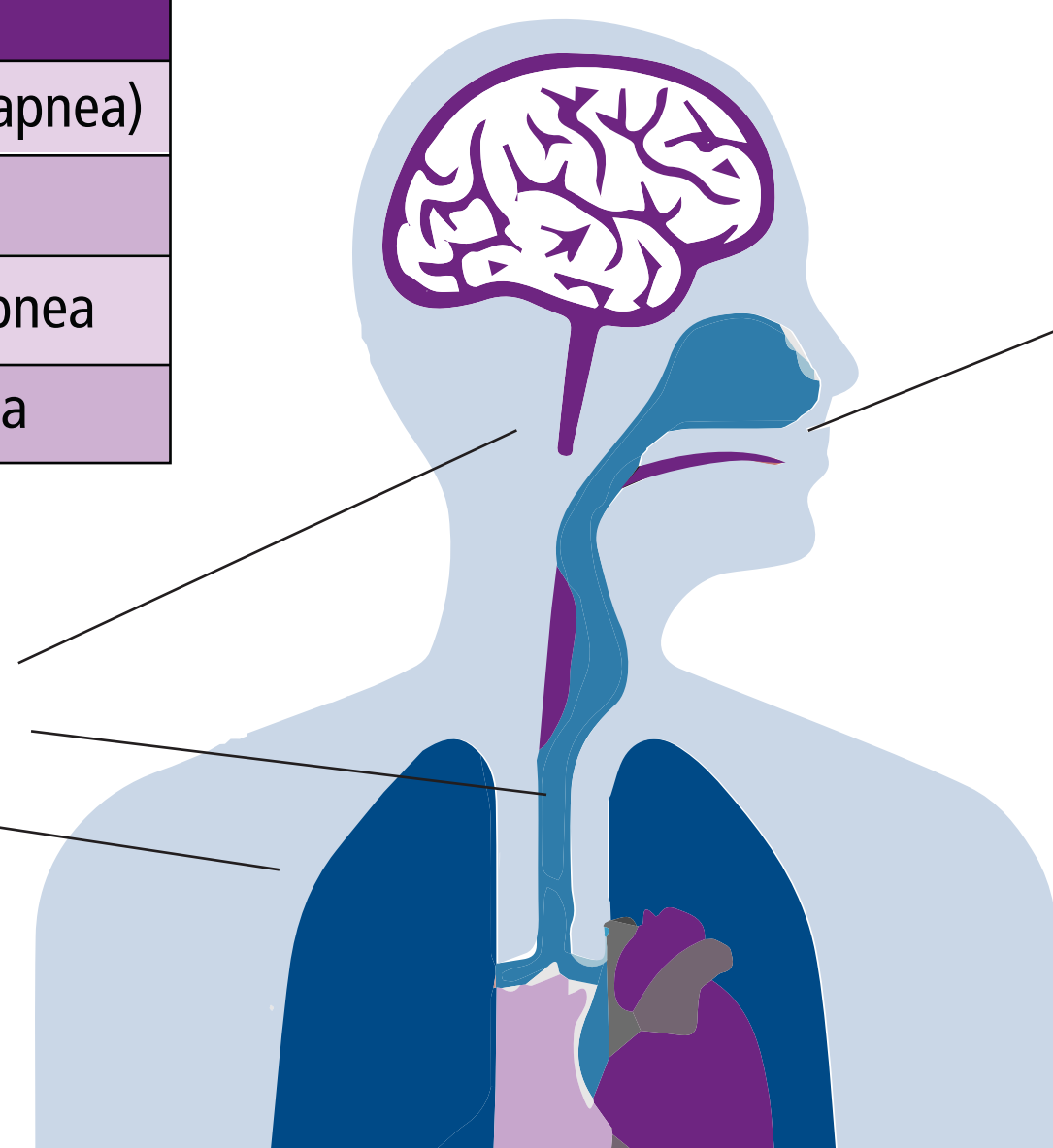
AHI	Rating
<5	Normal (no sleep apnea)
5-15	Mild Sleep Apnea
15-30	Moderate Sleep Apnea
>30	Severe Sleep Apnea

**Obstructive Sleep Apnea** - type of apnea due to physical obstruction of the airway during sleep.

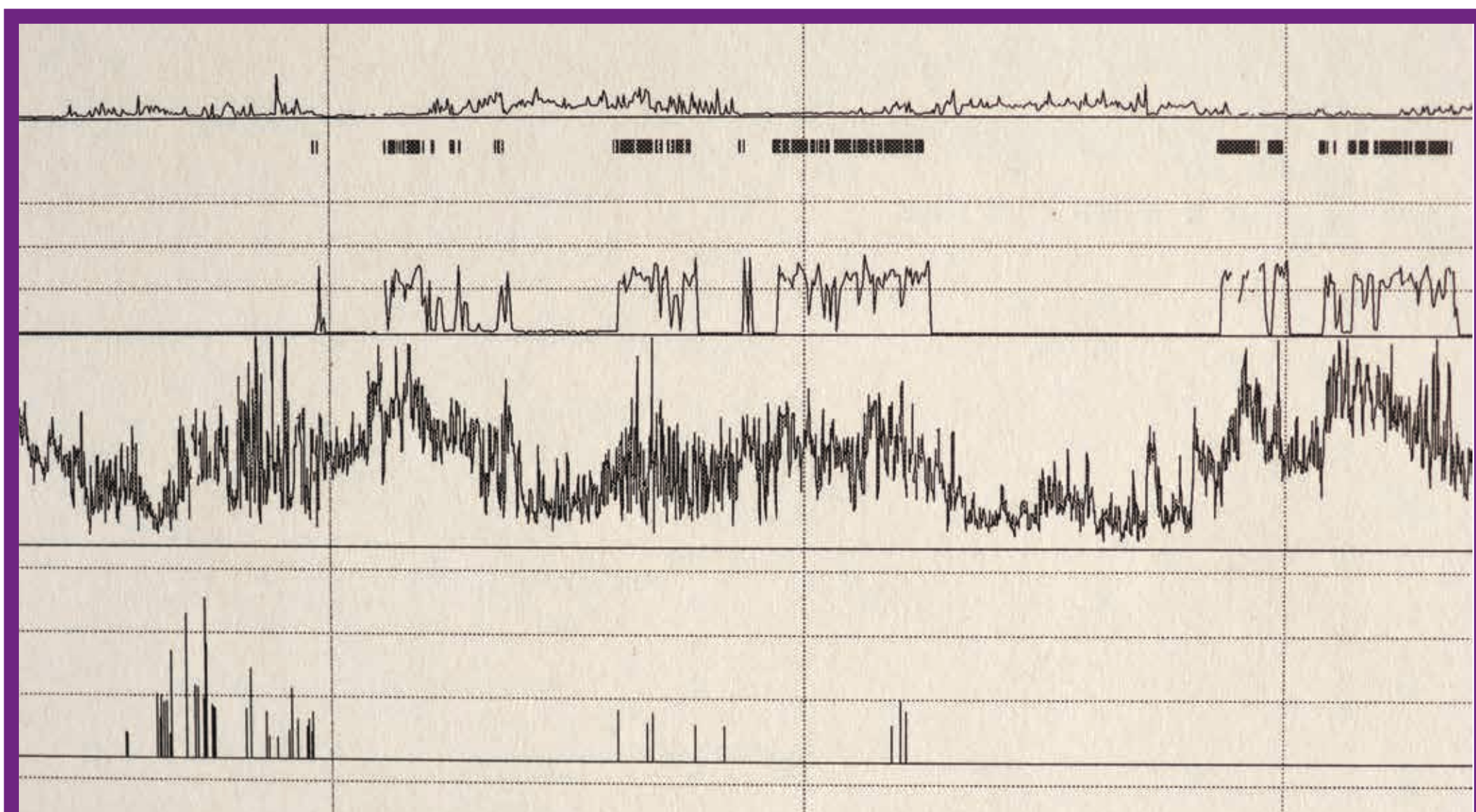
It can be caused by large tonsils, large tongue and soft palate. As well as a large neck size, a receding jaw and obesity.

**Central Sleep Apnea** - type of sleep apnea where the brain stops sending the signals to breathe during sleep.

It can be caused when the brain area that controls your breathing does not function correctly during sleep.



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%!



**polysomnography** - *sleep testing which involves subjects spending the night in a lab where breathing, brain waves, and other bodily functions can be monitored*