

Steps to Get VA Approval for Insomnia

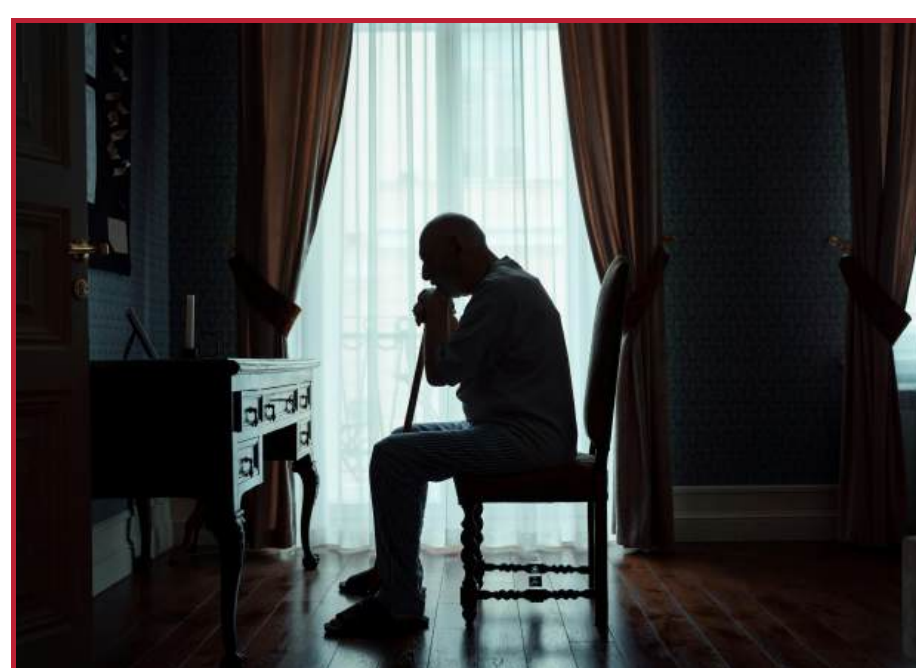
Step 1: Get an Insomnia Diagnosis

The VA won't approve compensation for symptoms alone. You need to have a formal diagnosis of insomnia from a qualified medical provider. The medical notes supporting your diagnosis should outline your sleep difficulties in detail, including how long they've persisted and how severely they affect your daily life.



Step 2: Get a Nexus Letter Linking Insomnia to Tinnitus

Once you have a diagnosis, the next step is gathering medical evidence that ties the insomnia directly to your tinnitus. A nexus letter can be your key to showing this connection. A nexus letter is a written medical opinion from a licensed provider—often your treating physician or a VA-savvy specialist.



Step 3: Write a Personal Statement

Use your personal statement to describe how your insomnia affects your life. Keep this statement brief and talk about the connection between your tinnitus and insomnia. Explain what a night with insomnia looks like for you. Explain how your insomnia affects your personal and professional life.



Step 4: File Your Secondary Claim with the VA

When you're ready to file, you'll submit VA Form 21-526EZ. On this form, you must specify that you're claiming insomnia secondary to tinnitus. Don't file it as a new primary condition; that will only complicate your claim and reduce your chances of success. Make sure to include your insomnia diagnosis, nexus letter, personal statement, and any treatment records you have.



Step 5: Be Prepared for a Compensation & Pension (C&P) Exam

After submitting your claim, the VA may schedule you for a C&P exam. This is a medical evaluation conducted by a VA-contracted provider. They will assess your insomnia and verify that it's connected to your tinnitus. The examiner's notes will be reviewed during the rating decision process, so don't underplay your symptoms, even if you've learned to "live with them."

