

Headache when you wake up? Tired before the day starts?

It is easy to think that is just life. With CMT2C, it can be a sign your breathing struggles at night.

Check any that sound like you

AT NIGHT

- ☐ Need extra pillows or a recliner to sleep
- ☐ Wake up gasping, sweaty, or panicky
- ☐ Wake up a lot during the night

IN THE MORNING

- ☐ Headache when you wake up
- ☐ Wake up tired, even after a full night
- ☐ Not hungry for breakfast

DURING THE DAY

- ☐ Out of breath bending over, like tying shoes
- ☐ Out of breath in water up to your chest
- ☐ Hoarse or weak voice, or noisy breathing



Easy to miss. Dangerous to put off.

CMT2C can quietly weaken the diaphragm. In one study of CMT2C and related conditions, **over half were short of breath and nearly 1 in 4 used a BiPAP breathing machine.** It often starts with no clear signs, **so get tested even if you feel fine.**

Two tests that find it

TEST 1



Breathing test (PFT), sitting AND lying flat

Lying down shows if the diaphragm is weak. Sitting up, it can look normal.

TEST 2



Sleep study that measures CO₂

CO₂ rises long before oxygen drops. Oxygen-only tests miss it.

Repeat both every year. Checkups usually skip them. Page 3: why, and why oxygen alone is not safe.

Why this cannot wait

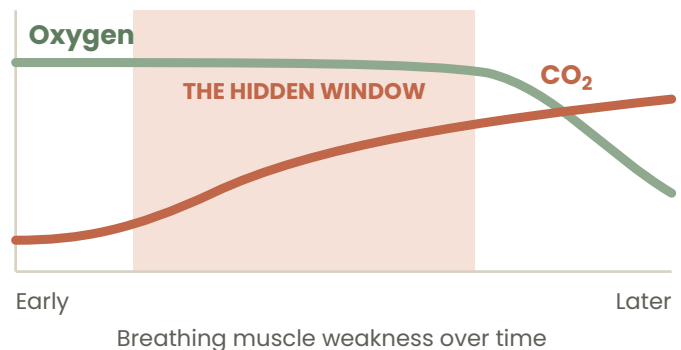
1 What putting it off can lead to

- **One illness can tip the balance.** A cold, flu, or pneumonia can become an emergency.
- **Surgery gets riskier.** Anesthesia is harder on weak breathing muscles.
- **High CO₂ wears you down.** It drains energy and can strain the heart over time.
- **Help works best early.** Breathing support is easier to start before a crisis.

2 Why it is easy to miss: oxygen looks fine while CO₂ builds up

Shallow breaths still pull in enough oxygen, but do not blow out enough CO₂, the waste gas. CO₂ rises first. Oxygen drops much later.

The hidden window: the finger clip reads normal, but CO₂ is already rising. You can feel almost fine here.



3 It shows up first at night, lying down

EASIEST

Sitting or standing
Gravity pulls the belly down, so the diaphragm moves freely.

HARDER

Lying flat
The belly pushes up on the diaphragm, so it works much harder.

HARDEST

Dream sleep (REM)
Helper muscles in the neck and chest relax. The diaphragm works alone.

So you can feel fine during the day while breathing at night is already struggling.

Why regular checkups often miss it

Most doctors know CMT as a hands-and-feet condition. Many do not know CMT2C can affect breathing, so the usual checks are not set up to catch it.

Does your last test count?

WHAT USUALLY HAPPENS

✗ Finger oxygen clip

✗ Breathing test sitting up

✗ Sleep study for sleep apnea

✗ Daytime blood test

✗ Tiredness and headaches blamed on CMT

✗ Tested once, years ago

WHAT CMT2C NEEDS

✓ **CO₂ measured**
Oxygen stays normal until late.

✓ **Breathing test sitting AND lying flat**
Weakness shows up lying down.

✓ **Sleep study that tracks CO₂ all night**
CO₂ rises most in dream sleep.

✓ **Night-time CO₂ check**
Daytime CO₂ is often normal at first.

✓ **Breathing checked as a cause**
They are classic signs of high CO₂.

✓ **Repeat every year**
Breathing can change slowly.

Missing any of these? It does not count as a baseline. Ask for both full tests.

What to say to your doctor

"I have CMT2C, which can weaken the diaphragm. I would like a pulmonary function test sitting and lying flat, and a sleep study that measures CO₂."



Oxygen alone is not safe for weak breathing muscles.

Oxygen without a BiPAP or ventilator can let CO₂ build up to dangerous levels.
In an emergency, say you have breathing-muscle weakness and ask for CO₂ to be checked.

- **If CO₂ is high**, ask about a night breathing machine (like BiPAP).