| **First Author, Year**  **Design**  **Trial Name** | **G1 (N)**  **G2 (N)** | **Source of Patients** | **Screen Detected?** | **Country** | **Duration, Wks** | **Mean (Range) Age** | **% F** | **% Non-White** | **Mean BMI** | **Mean AHI** | **Mean ESS** | **OSA Severity** | | **% HTN;**  **% HF** | **Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Aarab, 2011189  Parallel | MAD (20)  Intraoral Placebo Device (19)\* | Sleep clinic | No | The Netherlands | 24 | 52 (including drop-outs) | 27 | NR | 29 | 20 | 11 | Mild to Mod | | NR  NR | Fair |
| Andren, 2013188  Parallel | MAD (36)  Intraoral Sham/Placebo Device (36) | Sleep clinics | No | Sweden | 12 | 57-59 | 17-25 | NR | 29-30 | 23-24 | 11 | Mild-Severe | | 100 NR | Fair |
| Barnes, 2004173  Cross-over | MAD† (99)  Placebo (98) | Referrals | No | Australia | 12 CPAP; 12 MAD; 12 placebo | 47 | 20 | NR | 31 | 21 | 11 | Mild to mod | | 15;  NR | Good |
| Bloch. 1999214  Cross-over | Total (24)  MAD Monobloc first (8)  MAD Herbst first (8)  No treatment first (8) | NR | No | Switzerland | 1 | 51 | NR | NR | 27 | 27 | 12 | Mild to severe | | NR | Fair |
| Durán-Cantolla, 201536  Cross-over | Total (42)  MAD first (NR)  Sham MAD first (NR) | Sleep clinic | No | Spain | 12 active; 12 sham | 47 | 21 | NR | 28 | 15 | 12 | Mild to mod | | NR | Good |
| Johnston, 2002195  Cross-over | Total (21)  MAD first (13)  Sham MAD first (8) | Sleep clinic | No | Ireland | 4-6 active; 4-6 sham | 55 (35-64) | 19 | NR | 32 | 32 | 14 | Mild to severe | | NR  0 | Fair |
| Lam, 2007180 Parallel | MADǂ (34)  Usual care§ (33) | Sleep center | No | Hong Kong | 10 | 45-47 | 22 | NR | 27 | 21 | 12 | Mild to severe‖ | | 19  NR | Fair |
| Naismith, 2005192  Gotsopoulos, 2002193  Gotsopoulos, 2004194 | Total (67)  MAD first (35)  Sham MAD first (32) | Sleep clinic | No | Australia | 4 active; 4 sham | 48 | 19 | NR | 29 | 26-28 | 11 | Mild to severe | | NR  NR | Good |
| Petri, 2008191  Parallel | MAD (33)  Sham MAD (30)  No tx (30) | ENT clinic sleep lab | No | Denmark | 4 | 46-50 | 18 | NR | 31 | 35 | 11 | | Mild to severe | NR  NR | Fair |
| Quinnell, 2014197  Cross-over | Total (90)  SP1 - MAD (23)  SP2 - MAD (22)  bMAD (23)  No tx (22) | Sleep center | No | United Kingdom | 6 active  4 no tx | 51 (26-80) | 20 | NR | 31 | 14 | 12 | | Mild to mod | 26  NR | Fair |

\* This study also a CPAP arm

‖ Study also had a CPAP arm. Because 6 different orders were possible, they did not list out individuals’ actual order. Numbers represent the number of people that started treatment in that arm. 104 participants total; 80 completed all three arms

ǂ This study also a CPAP arm

§ Usual care = conservative measures - sleep hygiene and weight loss advice (if applicable)

‖ Authors call it “mild to moderate,” but they allowed AHI up to 40, and the range of included patients included some with severe OSA

**Abbreviations:** AHI=apnea-hypopnea index; bMAD=fully-bespoke mandibular advancement device; BMI=body mass index; CPAP=continuous positive airway pressure; dur=duration; ENT=otolaryngology; ESS=Epworth Sleepiness Scale; F=female; G=group; HF=heart failure; HTN=hypertension; MAD=mandibular advancement device; mod=moderate; N=sample size; NR=not reported; OSA=obstructive sleep apnea; pbo=placebo; pts=patients; RF=radiofrequency; SD=standard deviation; SP=SleepPro; tx=treatment; wks=weeks.