| **First Author, Year****Trial Name** | **G1 (N)****G2 (N)** | **Mortality, N (%)** | **Quality of Life** | **Cognitive Impairment** | **MVAs, N (%)** | **CV Events, N (%)** | **CBV Events, N (%)** | **Heart Failure, N (%)** | **Headache, N (%)** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Bäck, 2009198  | Soft palate RF surgery (17)Sham surgery (15) | 0 (0.0)0 (0.0) | SF-36 PCS, Median (Range)Baseline:47.2 (22.7 to 64.1)49.4 (37.6 to 60.4)16 weeks:48.5 (33.0 to 67.4)55.3 (19.1 to 63.7)Between-groups P=0.713SF-36 MCS, Median (Range)Baseline:53.7 (20.9 to 68.2)51.6 (22.2 to 63.2)16 weeks:55.3 (19.1 to 63.7)45.0 (28.1 to 61.6)Between groups P=0.345 | NR | NR | NR | NR | NR | NR |
| Desplan, 2013204Parallel | Inpatient individualized exercise training (13)Standard health education (13) | NR | SF-36 Domains:Physical functioning, baseline:72.7 (18.9)70.0 (31.2)Physical functioning, 4 weeks:92.2 (5.8); p<0.00580.9 (16.1); p=0.29Role limitation (physical), baseline:36.4 (37.7)70.5 (36.8)Role limitation (physical), 4 weeks:86.4 (23.3); p<0.00570.5 (36.8); p=1.00Vitality, baseline:38.1 (22.9)53.2 (15.7)Vitality, 4 weeks:76.2 (11.8); p=0.000252.3 (13.5); p=0.83Role limitation (emotional), baseline:57.6 (47.4)54.6 (40.2)Role limitation (emotional), 4 weeks:78.8 (30.8); p=0.1360.6 (44.3); p=0.72Mental health, baseline:56.4 (19.8)45.9 (15.6)Mental health; 4 weeks:64.1 (19.0); p=0.2049.9 (17.9 ); p=0.17Social functioning, baseline:56.7 (35.0)66.9 (21.9)Social functioning, 4 weeks:83.9 (12.3); p=0.0273.3 (24.7); p=0.19 | NR | NR | NR | NR | NR | NR |
| Dixon, 2012200Paralell | Bariatric Surgery (30)Conventional Weight loss program (30) | 0 (0.0)0 (0.0) | SF-36 PCS:Baseline: NR104 weeks, mean (95% CI):48.0 (43.9 to 52.1)44.5 (40.1 to 49.0)Change from baseline (95% CI):12.6 (7.3 to 17.9)3.4 (-1.6 to 8.4)Between group difference (95% CI):9.3 (0.5 to 18.0); p=0.04SF-36 MCS:Baseline: NR104 weeks, mean (95% CI):48.5 (45.5 to 51.4)46.7 (43.9 to 49.4)Change from baseline (95% CI):0.5 (-3.0 to 4.0)0.8 (-2.2 to 3.8)Between group difference (95% CI);-0.3 (-5.3 to 4.8); p=0.92 | NR | NR | NR | NR | NR | 1 (3.3)0 (0.0) |
| Ferguson, 2002201Parallel | LAUP (21)No treatment (25) | 0 (0.0)0 (0.0) | SAQLI (total)Baseline:4.2 (0.8)4.1 (1.0)Endpoint\* 4.6 (0.9); p>0.05 from BL4.3 (1.5); p>0.05 from BLBetween groups p=NS | NR | NR | NR | NR | NR | NR |
| Foster, 2009205Kuna, 2013206Sleep AHEADParallel | Intensive lifestyle intervention (125)Diabetes support and education (139) | 0 (0.0)0 (0.0) | NR | NR | NR | NR | NR | NR | NR |
| Johansson, 2009207Parallel | Very low energy diet (30)Usual diet (33) | 0 (0.0)0 (0.0) | NR | NR | NR | NR | NR | NR | NR |
| Kline, 2012208Kline, 2013209Parallel | Exercise Training (27) Stretching control (16) | 0 (0.0)0 (0.0) | FOSQ-10 (total score), mean (SE)Baseline:15.1 (0.5)16.0 (0.6)12 weeks:16.7 (0.5)16.0 (0.6)Between groups: P= NSSF-36 domains, Mean (SE)Physical Functioning:Baseline:77.2 (4.1)76.3 (4.8)12 weeks:86.1 (2.9)76.6 (4.9)Between groups: P≤0.05General Health:Baseline:63.7 (3.1)66.9 (4.3)12 weeks: 72.4 (3.4)68.4 (3.9)Between groups: P=NSMental Health:Baseline: 71.7 (3.6)74.0 (3.9)12 weeks: 80.6 (2.5)76.0 (3.2)Between groups: P≤0.05 | No statistically significant difference between groups on the following: Psychomotor Vigilance Test (PVT), Stroop Color-Word Test (SCWT), and Trail-Making Test (TMT) | NR | NR | NR | NR | NR |
| Koutsoure-laski, 2008202 Parallel | Septoplasty (27)Sham sugery (22) | 0 (0.0)0 (0.0) | NR | NR | NR | NR | NR | NR | NR |
| Moss, 2014210 | Lifestyle intervention (30)Advice only (30) | NR | EuroQoL EQ-5D-3L VAS, mean (SD)Baseline:64 (17)58 (18)13 weeks:60 (20)63 (19)Adjusted mean difference between groups: 3 (95% CI: -4 to 10)Between groups P=0.38526-wk followup:72 (16)69 (18)Adjusted mean difference between groups: 9 (95% CI: 2 to 16)Between groups P=0.017 | NR | NR | NR | NR | NR | NR |
| Tuomilehto, 2009211Tuomilehto, 2010212Tuomilehto, 2013213 | VLCD (12 wks) + supervised lifestyle (52 wks) (40)Usual care (routine lifestyle guidance) (41) | 1 (1.2) NR which arm | 15D score, overall, change from BL:+0.041+0.022Between groups P=0.167 | NR | NR | NR | NR | NR | NR |
| Woodson, 2003203Parallel | RF surgery (30)Sham surgery (30) | NR | FOSQ total, mean change from baseline (SD):1.2 (1.6); P=0.0050.4 (2.0); P=0.18Between groups difference (95% CI): 0.9 (-0.1 to 1.9); P = 0.04SNORE25 total, mean change from baseline (SD):-0.43 (0.56); P<0.001-0.21 (0.56); P=0.06Between groups difference (95% CI): -0.22 (-0.53 to 0.09); P=0.08SF36 MCS, mean change from baseline (SD):2.9 (7.3); P=0.080.4 (6.4); P=0.70Between groups difference (95% CI): 2.5 (-1.4 to 6.4); P=0.10SF36 PCS, mean change from baseline (SD):0.5 (6.8); P=0.421.5 (7.8); P=0.44Between groups difference (95% CI): -1.0 (-5.1 to 3.1); P=0.69 | No difference between groups on multiple measures of reaction time measured with the Psychomotor Vigilance Task | NR | NR | NR | NR | NR |

\* (mean 7.2 months from final tx for G1 and mean 8.2 months from BL for G2)

**Abbreviations:** AHEAD=Action for Health in Diabetes; BL=baseline; CBV=cerebrovascular; CI=confidence interval; CV=cardiovascular; FOSQ=Functional Outcomes of Sleep Questionnaire; G=group; LAUP=laser assisted uvulopalatoplasty; MCS=Mental Component Score of the SF-36; MVA=motor vehicle accident; N=sample size; NR=not reported; PCS=Physical Component Score of the SF-36; RF=radiofrequency; SAQLI=Sleep Apnea Quality of Life Index; SD=standard deviation; SE=standard error; SF-36=36-Item Short Form Health Survey; VLCD=very low calorie diet.