| **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=0.713  SF-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, 2013204  Parallel | 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<0.005  80.9 (16.1); p=0.29  Role limitation (physical), baseline:  36.4 (37.7)  70.5 (36.8)  Role limitation (physical), 4 weeks:  86.4 (23.3); p<0.005  70.5 (36.8); p=1.00  Vitality, baseline:  38.1 (22.9)  53.2 (15.7)  Vitality, 4 weeks:  76.2 (11.8); p=0.0002  52.3 (13.5); p=0.83  Role limitation (emotional), baseline:  57.6 (47.4)  54.6 (40.2)  Role limitation (emotional), 4 weeks:  78.8 (30.8); p=0.13  60.6 (44.3); p=0.72  Mental health, baseline:  56.4 (19.8)  45.9 (15.6)  Mental health; 4 weeks:  64.1 (19.0); p=0.20  49.9 (17.9 ); p=0.17  Social functioning, baseline:  56.7 (35.0)  66.9 (21.9)  Social functioning, 4 weeks:  83.9 (12.3); p=0.02  73.3 (24.7); p=0.19 | NR | NR | NR | NR | NR | NR |
| Dixon, 2012200  Paralell | Bariatric Surgery (30)  Conventional Weight loss program (30) | 0 (0.0)  0 (0.0) | SF-36 PCS:  Baseline: NR  104 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=0.04  SF-36 MCS:  Baseline: NR  104 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, 2002201  Parallel | 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 BL  4.3 (1.5); p>0.05 from BL  Between groups p=NS | NR | NR | NR | NR | NR | NR |
| Foster, 2009205  Kuna, 2013206  Sleep AHEAD  Parallel | Intensive lifestyle intervention (125)  Diabetes support and education (139) | 0 (0.0)  0 (0.0) | NR | NR | NR | NR | NR | NR | NR |
| Johansson, 2009207  Parallel | Very low energy diet (30)  Usual diet (33) | 0 (0.0)  0 (0.0) | NR | NR | NR | NR | NR | NR | NR |
| Kline, 2012208  Kline, 2013209  Parallel | 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= NS  SF-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≤0.05  General Health:  Baseline:  63.7 (3.1)  66.9 (4.3)  12 weeks:  72.4 (3.4)  68.4 (3.9)  Between groups: P=NS  Mental 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=0.385  26-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, 2009211  Tuomilehto, 2010212  Tuomilehto, 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  +0.022  Between groups P=0.167 | NR | NR | NR | NR | NR | NR |
| Woodson, 2003203  Parallel | RF surgery (30)  Sham surgery (30) | NR | FOSQ total, mean change from baseline (SD):  1.2 (1.6); P=0.005  0.4 (2.0); P=0.18  Between groups difference (95% CI): 0.9  (-0.1 to 1.9); P = 0.04  SNORE25 total, mean change from baseline (SD):  -0.43 (0.56); P<0.001  -0.21 (0.56); P=0.06  Between groups difference (95% CI): -0.22 (-0.53 to 0.09); P=0.08  SF36 MCS, mean change from baseline (SD):  2.9 (7.3); P=0.08  0.4 (6.4); P=0.70  Between groups difference (95% CI): 2.5  (-1.4 to 6.4); P=0.10  SF36 PCS, mean change from baseline (SD):  0.5 (6.8); P=0.42  1.5 (7.8); P=0.44  Between 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.