

Supplementary Table 1. The SOFHL

	(1) I am confident this is true	(2) I am not sure	(3) I am confident this is not true
Please choose the option that best matches your response			
1. When breathing stops during sleep this is called sleep apnea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Loud snoring can be a sign of sleep apnea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. People with sleep apnea can be sleepy during the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Being overweight is the main cause of sleep apnea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Using a continuous positive airway pressure machine means sleeping with an air mask	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Losing weight is part of treating sleep apnea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Exercise helps treat sleep apnea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Special mouth pieces can be used to treat sleep apnea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Sleep apnea can cause depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Walking 15 minutes a day can help treat sleep apnea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Waking with a headache can be a sign of sleep apnea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Sleep apnea can cause leg cramping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. The tongue blocking the back of the throat causes sleep apnea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	(1) I am confident	(2) I am not sure	(3) I am not confident
Please choose the option that best matches your response			
1. How confident are you about having a sleep test done in the next 6 months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. How confident are you that you can start walking 15 minutes a day in the next 6 months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. How confident are you that you will develop a nutrition plan in the next 6 months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. How confident are you that you can use an air mask every night to treat sleep apnea?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. How confident are you that your health will improve in the next 6 months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring instructions: The SOFHL can be scored by measuring the proportion of correct answers in each component to total questions in each component. To score the general knowledge component, count the number of '1' responses over 13 total questions for a % score. To score the self-efficacy component, count the number of '1' responses over 5 total questions for a % score. Higher scores on each component indicate higher overall levels of OSA functional health literacy.

OSA: obstructive sleep apnea, SOFHL: Survey of OSA Functional Health Literacy.