

Supplementary Table 2. Sleep diary

Data/Study	Bensen-Boakes et al. [20] (2022) 6 weeks	Tu et al. [21] (2022)* 90 days	Alessi et al. [22] (2021)* 6 months	Sweetman et al. [23] (2021) 4 weeks (depression category)	Ong et al. [24] (2020)* 90 days	Sweetman et al. [25] (2020) 4 weeks	Sweetman et al. [26] (2020) 6 weeks	Sweetman et al. [27] (2019)* 6 months	Fung et al. [28] (2016) 6 months	Richards et al. [29] (2007)* 4 weeks
PAP Usage per Night										
Mid-Intervention	N/A	174.06 (153.34)	3.2 (0.325)	N/A	N/A	N/A	N/A	298.8 (37.1)	N/A	5.90 (2.31)
Post-Intervention	N/A	N/A	2.5 (0.325)	N/A	151.74 (154.58)	N/A	N/A	259.0 (37.2)	N/A	5.38 (2.55)
Difference	N/A	N/A	-0.7 (0.0001)	N/A	N/A	N/A	N/A	-39.8 (0.1)	N/A	-0.52 (0.24)
Mid-Control	N/A	223.12 (142.81)	1.9 (0.25)	N/A	N/A	N/A	N/A	294.9 (38.4)	N/A	2.97 (2.88)
Post-Control	N/A	N/A	1.7 (0.275)	N/A	176.51 (155.81)	N/A	N/A	214.9 (38.3)	N/A	2.51 (2.70)
Difference	N/A	N/A	-0.2 (0.025)	N/A	N/A	N/A	N/A	-80.0 (0.1)	N/A	-0.46 (0.18)
Number of night PAP >4 hrs										
Mid-Intervention	N/A	N/A	38.6 (3.875)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Intervention	N/A	N/A	30.7 (3.95)	N/A	34.84 (37.37)	N/A	N/A	N/A	N/A	N/A
Difference	N/A	N/A	-7.9 (0.075)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Mid-Control	N/A	N/A	21.2 (3,125)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Control	N/A	N/A	19.4 (3.575)	N/A	39.61 (36.94)	N/A	N/A	N/A	N/A	N/A
Difference	N/A	N/A	-1.8 (0.45)	N/A	N/A	N/A	N/A	N/A	N/A	N/A

Data are presented as mean (SD).

*Involves PAP as control.

PAP, positive airway pressure; SD, standard deviation; N/A, not available.