

Supplementary Table 4. PSG

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
TST (PSG)										
Pre-Intervention	N/A	N/A	N/A	N/A	N/A	379.6 (89.3)	375.2 (20.5)	375.2 (86.1)	N/A	N/A
Post-Intervention	N/A	N/A	N/A	N/A	N/A	N/A	355.4 (21.0)	380.9 (22.2)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	-19.8 (0.5)	5.7 (63.9)	N/A	N/A
Pre-Control	N/A	N/A	N/A	N/A	N/A	383.6 (66.2)	358.4 (20.3)	358.4 (87.1)	N/A	N/A
Post-Control	N/A	N/A	N/A	N/A	N/A	N/A	363.8 (20.5)	355.4 (22.5)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	5.4 (0.2)	-3.0 (64.6)	N/A	N/A
SOL (PSG)										
Pre-Intervention	N/A	N/A	N/A	N/A	N/A	36.6 (84.7)	32.5 (9.4)	32.5 (63.7)	N/A	N/A
Post-Intervention	N/A	N/A	N/A	N/A	N/A	N/A	21.2 (9.7)	18.0 (8.8)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	-11.3 (0.3)	-14.5 (54.9)	N/A	N/A
Pre-Control	N/A	N/A	N/A	N/A	N/A	26.7 (30.7)	29.2 (9.3)	29.2 (33.2)	N/A	N/A
Post-Control	N/A	N/A	N/A	N/A	N/A	N/A	23.3 (9.4)	18.7 (9.0)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	-5.9 (0.1)	-10.5 (24.2)	N/A	N/A
WASO (PSG)										
Pre-Intervention	N/A	N/A	N/A	N/A	N/A	79.1 (59.2)	95.7 (13.6)	95.7 (13.2)	N/A	N/A
Post-Intervention	N/A	N/A	N/A	N/A	N/A	N/A	69.7 (13.9)	63.8 (14.1)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	-26.0(0.3)	-31.9 (0.9)	N/A	N/A
Pre-Control	N/A	N/A	N/A	N/A	N/A	74.8 (44.6)	82.1 (13.4)	82.1 (49.5)	N/A	N/A
Post-Control	N/A	N/A	N/A	N/A	N/A	N/A	77.2 (13.6)	69.3 (14.2)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	-4.9 (0.2)	-12.8 (35.3)	N/A	N/A
SE (PSG)										
Pre-Intervention	N/A	N/A	N/A	N/A	N/A	76.6 (15.2)	74.3 (2.9)	74.6 (2.8)	N/A	N/A
Post-Intervention	N/A	N/A	N/A	N/A	N/A	N/A	79.3 (3.0)	81.3 (3.0)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	5.0 (0.1)	6.7 (0.2)	N/A	N/A
Pre-Control	N/A	N/A	N/A	N/A	N/A	78.0 (10.2)	75.0 (2.9)	75 (11.9)	N/A	N/A
Post-Control	N/A	N/A	N/A	N/A	N/A	N/A	76.1 (2.9)	79.2 (3.0)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	1.1 (0.001)	4.2 (8.9)	N/A	N/A
AHI (PSG)										
Pre-Intervention	33.2 (19.8)	N/A	N/A	N/A	N/A	19.0 (6.1)	36.4 (4.9)	N/A	N/A	N/A
Post-Intervention	N/A	N/A	N/A	N/A	N/A	N/A	30.9 (5.0)	N/A	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	-5.5 (0.1)	N/A	N/A	N/A
Pre-Control	35.8 (23.9)	N/A	N/A	N/A	N/A	19.1 (6.8)	37.5 (4.7)	N/A	N/A	N/A
Post-Control	N/A	N/A	N/A	N/A	N/A	N/A	39.5 (4.9)	N/A	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	2.0 (0.2)	N/A	N/A	N/A

Data are presented as mean (SD).

*Involves PAP as control.

PSG, polysomnography; SD, standard deviation; SE, sleep efficiency; SOL, sleep onset latency; TST, total sleep time; WASO, wake after sleep onset; AHI, Apnea-Hypopnea Index; PAP, positive airway pressure; N/A, not available.