

Supplementary Table 5. Sleep questionnaire

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
<b>FOSQ</b>										
Pre-Intervention	N/A	15.22 (2.84)	27.8 (7.3)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Intervention	N/A	18.44 (2.04)	32.4 (0.9)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Difference	N/A	3.22 (0.8)	4.6 (6.4)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pre-Control	N/A	16.61 (2.34)	29.5 (7.1)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Control	N/A	17.70 (2.54)	31.6 (0.875)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Difference	N/A	1.09 (0.2)	2.1 (6.225)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>ESS</b>										
Pre-Intervention	8.9 (5.0)	9.12 (5.07)	9.7 (5.6)	N/A	N/A	9.3 (5.4)	N/A	8.9 (1.0)	N/A	N/A
Post-Intervention	N/A	4.88 (3.33)	5.9 (0.65)	N/A	N/A	8.0 (6.0)	N/A	5.8 (1.1)	N/A	N/A
Difference	N/A	-4.24 (1.74)	-3.8 (4.95)	N/A	N/A	-1.3 (0.6)	N/A	-3.1 (0.1)	N/A	N/A
Pre-Control	9.7 (4.5)	9.47 (4.90)	8.2 (5.5)	N/A	N/A	9.6 (4.6)	N/A	10.0 (1.0)	N/A	N/A
Post-Control	N/A	6.24 (4.47)	6.5 (0.625)	N/A	N/A	N/A	N/A	6.8 (1.1)	N/A	N/A
Difference	N/A	-3.23 (0.43)	-1.7 (4.875)	N/A	N/A	N/A	N/A	-3.2 (0.1)	N/A	N/A
<b>PSQI</b>										
Pre-Intervention	N/A	N/A	11.0 (3.9)	N/A	10.46 (3.52)	N/A	N/A	N/A	8.1 (0.65)	N/A
Post-Intervention	N/A	N/A	7.2 (0.6)	N/A	4.91 (2.78)	N/A	N/A	N/A	7.0 (0.725)	N/A
Difference	N/A	N/A	-3.8 (3.3)	N/A	-5.55 (0.74)	N/A	N/A	N/A	-1.1 (0.075)	N/A
Pre-Control	N/A	N/A	11.5 (4.4)	N/A	11.42 (3.06)	N/A	N/A	N/A	9.4 (0.5)	N/A
Post-Control	N/A	N/A	9.4 (0.575)	N/A	6.55 (4.01)	N/A	N/A	N/A	5.7 (0.55)	N/A
Difference	N/A	N/A	-2.1 (3.825)	N/A	-4.87 (0.95)	N/A	N/A	N/A	-3.7 (0.05)	N/A
<b>Depression</b>										
Pre-Intervention	14.5 (11.4)	N/A	N/A	N/A	N/A	N/A	N/A	14.5 (2.7)	N/A	8.1 (9.6)
Post-Intervention	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.1 (2.7)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	N/A	-4.4 (0.001)	N/A	N/A
Pre-Control	14.6 (12.8)	N/A	N/A	N/A	N/A	N/A	N/A	14.6 (2.6)	N/A	7.8 (8.0)
Post-Control	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.7 (2.7)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	N/A	-2.9 (0.1)	N/A	N/A
<b>Anxiety</b>										
Pre-Intervention	10.2 (8.8)	N/A	N/A	N/A	N/A	N/A	N/A	10.2 (1.9)	N/A	8.4 (10.4)
Post-Intervention	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.1 (1.9)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	N/A	-2.1 (0.001)	N/A	N/A
Pre-Control	8.9 (7.9)	N/A	N/A	N/A	N/A	N/A	N/A	8.9 (1.8)	N/A	8.5 (7.6)
Post-Control	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.9 (1.9)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	N/A	-2.0 (0.1)	N/A	N/A
<b>Stress</b>										
Pre-Intervention	15.1 (9.5)	N/A	N/A	N/A	N/A	N/A	N/A	15.1 (2.2)	N/A	13.2 (12.1)
Post-Intervention	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.4 (2.2)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	N/A	-3.7 (0.001)	N/A	N/A
Pre-Control	15.6 (9.8)	N/A	N/A	N/A	N/A	N/A	N/A	15.6 (2.2)	N/A	12.6 (9.5)
Post-Control	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.7 (2.3)	N/A	N/A
Difference	N/A	N/A	N/A	N/A	N/A	N/A	N/A	-2.9 (0.1)	N/A	N/A
<b>DBAS</b>										
Pre-Intervention	60.3 (18.5)	133.78 (47.20)	90.6 (29.0)	N/A	N/A	N/A	N/A	60.3 (4.3)	N/A	N/A
Post-Intervention	N/A	87.71 (41.02)	71.9 (3.725)	N/A	N/A	N/A	N/A	42.3 (4.4)	N/A	N/A
Difference	N/A	-46.07 (6.18)	-18.7 (25.275)	N/A	N/A	N/A	N/A	-18.0 (0.1)	N/A	N/A
Pre-Control	58.6 (15.4)	117.11 (38.45)	80.7 (32.0)	N/A	N/A	N/A	N/A	58.6 (4.2)	N/A	N/A
Post-Control	N/A	102.64 (38.79)	75.0 (3.575)	N/A	N/A	N/A	N/A	52.7 (4.4)	N/A	N/A
Difference	N/A	-14.47 (0.34)	-5.7 (28.425)	N/A	N/A	N/A	N/A	-5.9 (0.2)	N/A	N/A
<b>ISI</b>										
Pre-Intervention	18.5 (1.3)	N/A	13.9 (4.5)	N/A	15.93 (4.41)	18.4 (5.4)	N/A	18.5 (1.3)	N/A	N/A
Post-Intervention	12.2 (1.4)	N/A	7.7 (0.8)	N/A	5.76 (4.65)	N/A	N/A	9.0 (1.4)	N/A	N/A
Difference	-6.3 (0.1)	N/A	-6.2 (3.7)	N/A	-10.17 (0.24)	N/A	N/A	-9.5 (0.1)	N/A	N/A
Pre-Control	18.0 (1.3)	N/A	13.3 (5.8)	N/A	14.29 (5.64)	17.9 (4.7)	N/A	17.9 (4.7)	N/A	N/A
Post-Control	16.6 (1.4)	N/A	10.1 (0.75)	N/A	8.73 (6.40)	N/A	N/A	11.6 (1.4)	N/A	N/A
Difference	-1.4 (0.1)	N/A	-3.2 (5.05)	N/A	-5.56 (0.76)	N/A	N/A	-6.3 (3.3)	N/A	N/A
<b>FFS</b>										
Pre-Intervention	N/A	14.35 (5.78)	N/A	N/A	N/A	N/A	N/A	16.0 (6.8)	N/A	N/A
Post-Intervention	N/A	7.76 (5.77)	N/A	N/A	N/A	N/A	N/A	9.8 (1.6)	N/A	N/A
Difference	N/A	-6.59 (0.01)	N/A	N/A	N/A	N/A	N/A	-6.2 (5.2)	N/A	N/A
Pre-Control	N/A	12.40 (6.98)	N/A	N/A	N/A	N/A	N/A	15.9 (5.8)	N/A	N/A
Post-Control	N/A	9.58 (8.15)	N/A	N/A	N/A	N/A	N/A	11.84 (1.6)	N/A	N/A
Difference	N/A	-2.82 (1.17)	N/A	N/A	N/A	N/A	N/A	-4.06 (4.2)	N/A	N/A

Data are presented as mean (SD).

\*Involves PAP as control.

SD, standard deviation; ESS, Epworth Sleepiness Scale; PSQI, Pittsburgh Sleep Quality Index; FFS, Flinders Fatigue Scale; FOSQ, Functional Outcomes of Sleep Questionnaire; DBAS, Dysfunctional Beliefs and Attitudes about Sleep; ISI, Insomnia Severity Index; PAP, positive airway pressure; N/A, not available.