

Individual subject observations

Table S1. Individuals subject AHI scores from pre and post overnight PSG showing NREM, REM for subjects in IMT and placebo training groups at intake and at study close.

NB: * Subjects participants who provided blood draws for plasma catecholamine analyses.

IMT (n=12)				Placebo (n=12)			
Subject	NREM AHI	REM AHI	Time point	Subject	NREM AHI	REM AHI	Time point
F1	20.83	0.45	Pre	M2	1.56	6.58	Pre
F1	22.71	28.24	Post	M2	6.5	27.47	Post
M3	28.8	19.67	Pre	M4	26.14	53.74	Pre
M3	42.75	23.73	Post	M4	11.39	19.9	Post
M5	1.9	11.51	Pre	M6	2.84	21.3	Pre
M5	5.12	0.65	Post	M6	1.32	16.2	Post
M7	9.67	0	Pre	M8	1.22	15.94	Pre
M7	5.24	1.2	Post	M8	9.98	31.3	Post
M9	26.83	32.13	Pre	M10	47.23	66.52	Pre
M9	29.7	21.11	Post	M10	68.81	53.95	Post
M11*	31.19	32.84	Pre	F12*	15.39	55.28	Pre
M11*	61.86	66.67	Post	F12*	15.39	55.28	Post
F13*	14.68	34.15	Pre	F14*	26.7	38.5	Pre
F13*	10.08	7.84	Post	F14*	22.1	34.6	Post
M15*	56.67	48	Pre	M16*	99.62	102.86	Pre
M15*	49.33	49.06	Post	M16*	90.2	89.73	Post
M17*	15.28	49.06	Pre	F18*	48.98	49.47	Pre
M17*	17.45	23.13	Post	F18*	23.66	25.62	Post
M19*	22.5	54.74	Pre	F20*	43.46	15.48	Pre
M19*	48.92	77.42	Post	F20*	8.14	23.08	Post
F21*	2.47	7.23	Pre	M22*	1.36	17.42	Pre
F21*	0.53	2.71	Post	M22*	1.06	4.94	Post
F23*	21.2	26.4	Pre	M24*	4.77	22.64	Pre
F23*	26.8	27.3	Post	M24*	4.45	36.08	Post