

SUPPLEMENTAL MATERIAL

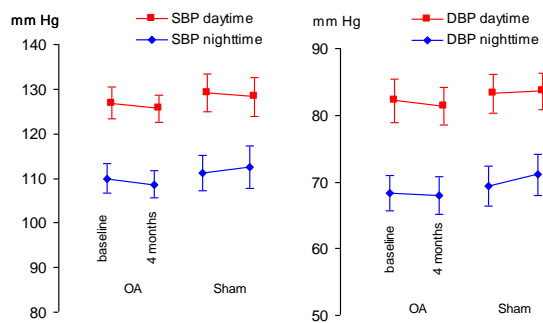
Table S1. Effects of the mandibular advancement device on sleep quality in the whole sample.

	MAD (n=42)		Sham (n=43)		Crude difference	Adjusted† difference
	Mean (SD)		Mean (SD)		Mean (95% CI)	Mean (95% CI)
	Baseline	Four months	Baseline	Four months	Sham-MAD	Adjusted† Sham-MAD
Sleep efficiency	90.6 (8.3)	91.3 (8.8)	91.6 (5.8)	91.7 (6.5)	0.4 (-3.0 to 3.7)	0.7 (-2.2 to 3.5)
Total sleep time	410.3 (44.2)	400.7 (57.9)	436.2 (64.3)	430.1 (59.3)	29.4* (4.1 to 54.7)	19.9 (-5.1 to 44.9)
Stage 1	11.5 (6.5)	10.5 (5.3)	11.9 (7.0)	13.7 (11.2)	3.2 (-0.6 to 6.9)	2.7 (-0.5 to 5.9)
Stage 2	53.5 (8.8)	50.3 (7.2)*	52.4 (10.5)	49.2 (10.6)*	-1.2 (-5.1 to 2.7)	-1.2 (-4.6 to 2.2)
Stage 3-4	15.4 (7.0)	16.9 (7.1)	14.9 (7.9)	15.9 (7.8)	-0.9 (-4.1 to 2.3)	-0.4 (-2.9 to 2.2)
REM	19.9 (5.6)	22.1 (5.8)*	20.9 (5.6)	21.2 (7.6)	-0.9 (-3.8 to 2.1)	-0.8 (-3.5 to 1.8)

MAD = mandibular advancement device †Adjusted for baseline value, apnea-hypopnea index, age, sex and body mass index

*P<0.05, ** P<0.01, *** P<0.001

Figure S1. Systolic (SBP) and diastolic (DBP) blood pressure at baseline and at follow-up after four months of using a mandibular advancement device or a sham device in the whole study sample.



Values are expressed as the mean and 95% confidence interval.