

Table S1: Additional PSG Night and Treatment Measures

	Baseline	SPT	APAP	P value
Heart Rate (bpm) (n = 106)	72.1 ± 12.03	72.45 ± 12.59	72.4 ± 12.36	.96
Systolic BP (mmHg) (n = 105)	124.0 ± 15.2	123.89 ± 14.1	123.80 ± 14.88	.942
Diastolic BP (mmHg) (n = 105)	77.2 ± 12.0	78.82 ± 8.29	78.12 ± 8.61	.448
PLMSI (events/h)	8.57 ± 14.1	11.23 ± 20.78	12.10 ± 20.31	.372
PLMAI (events/h)	1.99 ± 3.08	2.31 ± 3.46	3.31 ± 5.44	.0101
APAP Mean Pressure (cmH ₂ O)	–	–	6.8 ± 1.5	–
Mean Disease Alleviation, %*	–	55 ± 32	63 ± 29	.038

*Mean Disease Alleviation is calculated as adjusted compliance (average device use over 6 weeks in minutes / minutes of sleep on PSG night) × therapeutic efficacy ((baseline AHI – Treated AHI) / baseline AHI) × 100. AHI = apnea-hypopnea index, APAP = auto-adjusting positive airway pressure, BP = blood pressure, PLMAI = periodic limb movement arousal index, PLMSI = periodic limb movement index, PSG = polysomnography, SPT = sleep position treatment.

Table S2: SF-36 v2 Domains

	Baseline	SPT	APAP	P value
Physical functioning	83.0 ± 20.43	83.82 ± 19.42	83.78 ± 19.89	.972
Role-Physical	76.48 ± 25.43	84.32 ± 21.02	85.57 ± 19.45	.483
Bodily Pain	71.28 ± 22.13	73.39 ± 21.67	75.05 ± 19.36	.266
General Health	69.90 ± 19.50	68.60 ± 18.46	69.93 ± 18.77	.235
Vitality	48.86 ± 20.58	56.53 ± 18.38	59.49 ± 16.30	.055
Social Functioning	82.0 ± 23.54	86.12 ± 21.74	88.88 ± 16.17	.088
Role-Emotional	82.50 ± 25.27	88.86 ± 19.43	89.62 ± 17.71	.600
Mental Health	75.50 ± 16.18	77.45 ± 16.48	78.55 ± 13.65	.372

APAP = auto-adjusting positive airway pressure, SPT = sleep position treatment.

Table S3: Adverse Events

Event Type, % (n)	SPT	APAP
Subjects reporting at least one device related AE	4.2% (5/117)	18.8% (22/117)
Nasal Irritation	–	12.8% (15/117)
Dry Throat/Mouth	–	3.4% (4/117)
Facial Irritation	–	1.7% (2/117)
Mouth Irritation	–	1.7% (2/117)
Ear Irritation	–	< 1% (1/117)
Back, Shoulder or Neck Pain	3.4% (4/117)	–
Abdominal Skin Irritation	< 1% (1/117)	–

APAP = auto-adjusting positive airway pressure, SPT = sleep position treatment.