

Table S1. Crude and adjusted odds ratios for prevalent systemic hypertension in models containing mild OSA groups as categorical variable (excluding subjects with pre-existing cardiovascular or cerebrovascular diseases, diabetes and hyperlipidaemia).

Model	Total N=2991	B	O.R. (95% C.I)	p-value
Model 0				
Mild _{AHI 5-<11/h} OSA	2991	0.679	1.972 (1.651-2.256)	<0.001
Mild _{AHI 11-<15/h} OSA	2991	0.973	2.645 (2.132-3.280)	<0.001
Model 1				
Mild _{AHI 5-<11/h} OSA	2661	0.460	1.584 (1.297-1.936)	<0.001
Mild _{AHI 11-<15/h} OSA	2661	0.646	1.907 (1.490-2.442)	<0.001
Model 2				
Mild _{AHI 5-<11/h} OSA	2727	0.470	1.670 (1.315-1.948)	<0.001
Mild _{AHI 11-<15/h} OSA	2727	0.629	1.877 (1.476-2.387)	<0.001

Data are presented as OR (95% CI) unless otherwise stated. Model 0: unadjusted; model 1: full model included the covariates age, sex, body mass index, waist/hip ratio, neck circumference, chronic obstructive pulmonary disease, smoking status, Epworth Sleepiness Scale (ESS) score, type of sleep study; model 2: parsimonious model excluded from the full model the covariates gender, smoking, COPD and ESS score.

Table S2. Crude and adjusted odds ratios for prevalent systemic hypertension in models containing mild OSA groups as categorical variable (excluding subjects with pre-existing cardiovascular or cerebrovascular diseases, diabetes and hyperlipidaemia) in PG group.

PG	Total N=2070	B	O.R. (95% C.I)	p-value
Model 0				
Mild _{AHI 5-<11/h} OSA	2070	0.838	2.306 (1.859-2.861)	<0.001
Mild _{AHI 11-<15/h} OSA	2070	1.019	2.770 (2.099-3.655)	<0.001
Model 1				
Mild _{AHI 5-<11/h} OSA	1904	0.482	1.620 (1.177-2.230)	0.003
Mild _{AHI 11-<15/h} OSA	1904	0.577	1.780 (1.400-2.265)	<0.001
Model 2				
Mild _{AHI 5-<11/h} OSA	1905	0.492	1.636 (1.191-2.247)	0.002
Mild _{AHI 11-<15/h} OSA	1905	0.574	1.776 (1.399-2.255)	<0.001

Table S3. Crude and adjusted odds ratios for prevalent systemic hypertension in models containing mild OSA groups as categorical variable (excluding subjects with pre-existing cardiovascular or cerebrovascular diseases, diabetes and hyperlipidaemia) in PSG group.

PSG	Total N=920	B	O.R. (95% C.I)	p-value
Model 0				
Mild _{AHI 5-<11/h} OSA	920	0.275	1.316 (0.959-1.807)	0.089
Mild _{AHI 11-<15/h} OSA	920	0.723	2.062 (1.451-2.928)	<0.001
Model 1				
Mild _{AHI 5-<11/h} OSA	756	-0.004	0.996 (0.683-1.452)	0.983
Mild _{AHI 11-<15/h} OSA	756	0.552	1.737 (1.1422.643)	0.010
Model 2				
Mild _{AHI 5-<11/h} OSA	757	0.010	1.010 (0.696-1.466)	0.957
Mild _{AHI 11-<15/h} OSA	757	0.530	1.699 (1.124-2.568)	0.012

Data are presented as OR (95% CI) unless otherwise stated. Model 0: unadjusted; model 1: full model included the covariates age, sex, body mass index, waist/hip ratio, neck circumference, chronic obstructive pulmonary disease, smoking status, Epworth Sleepiness Scale (ESS) score, type of sleep study; model 2: parsimonious model excluded from the full model the covariates gender, smoking, COPD and ESS score.

Table S4. Polysomnography characteristics of the study population

	Total population N=1596	Non-apnoeic snorers (AHI<5/h) N=566	Total population according to AHI		p-value across all
			Mild _{AHI 5-<11/h} OSA Patients (AHI 5 to <11/h) N=615	Mild _{AHI 11-<15/h} OSA Patients (AHI 11 to ≤15/h) N=415	
TRT (min)	459 ± 57	460 ± 58	461 ± 58	455 ± 54	0.271
TST (min)	366 ± 74	362 ± 77	370 ± 73	367 ± 72	0.172
Sleep efficiency, %	83 (74-91)	83 (73-91)	84 (75-91)	83 (74-91)	0.512
N1 (%)	7 (3-13)	7 (4-15)	7 (3-12)	6 (3-13) [#]	0.017
N2 (%)	52 ± 16	51 ± 16	51 ± 16	53 ± 16	0.186
N3 (%)	15 (8-25)	15 (7-24)	15 (8-26)	14 (7-25)	0.366
REM(%)	16 ± 8	16 ± 8	17 ± 8	16 ± 8	0.197
AHI	7 ± 3	2 ± 1	8 ± 2 [*]	13 ± 1 ^{#,**}	<0.001
Arousal Index (Total) (data on 685 patients)	17 (10-25)	14 (8-20)	15 (12-25) [*]	19 (10-29) [#]	<0.001
PLM AI	2 (0-7)	2 (0-6)	3 (0-9) [*]	1 (0-7)	0.029
Respiratory AI	3 (1-8)	1 (0-3)	4 (2-8) [*]	7 (3-13) ^{#,**}	<0.001
Spontaneous AI	8 (4-14)	9 (4-15)	8 (4-14)	7 (4-13)	0.125
ODI	4 (2-8)	1 (1-3)	5 (2-8) [*]	9 (5-13) ^{#,**}	<0.001
Mean SpO ₂	95 (93-96)	95 (94-96)	95 (93-96) [*]	95 (93-95) [#]	<0.001
Lowest SpO ₂	88 (84-91)	90 (87-92)	87 (83-90) [*]	86 (81-89) ^{#,**}	<0.001

Data are presented as mean values ± SD or median (25th-75th percentile), unless otherwise indicated. TRT=Total recording time, TST= Total sleep time, AHI = Apnoea-hypopnoea index, AI = Arousal index, PLM= Periodic Limb Movement, ODI = oxygen desaturation index,

[#] $p < 0.05$ mild_{AHI 11-<15/h} vs non-apnoeic snorers; ^{*} $p < 0.05$ mild_{AHI 5-<11/h} vs non-apnoeic snorers;

^{**} $p < 0.05$ and mild_{AHI 11-<15/h} vs mild_{AHI 5-<11/h} OSA patients.