

## SUPPLEMENTARY DIGITAL MATERIAL 3

### **Instructions of inspiratory neuromuscular electrical stimulation**

In the control intervention group, subjects were treated with diaphragm pacing (by USCON, Jilin, China). The electrodes were posted on corresponding treatment positions of the subject according to the following: the diaphragm-stimulating electrodes were posted separately on the lower third of the outer edge of the sternocleidomastoid muscle on the left and right sides of the neck. Next, the reference electrodes were posted on the surface of the pectoralis major muscle on both sides.

In both intervention groups, electrical stimulation was set at the frequency of 40 Hz, stimulation duration of 1 second, and pulse duration of 300  $\mu$ s. The intensity of the stimulation was increased gradually, according to the subject's tolerance level, from a minimum intensity of 10–20 mA. Each stimulation intensity was recorded by a nurse.