E.1 Position modifiers vs no active treatment (moderate OSAHS)

⁻ igure 2: FO	SQ, 5-2	20, lo	ower	' is w	vor	se			
	Position	al mod	ifier	Co	ontro	I		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Jackson 2015	3.5	0.4	47	3.3	0.6	39	100.0%	0.20 [-0.02, 0.42]	–
Total (95% CI)			47			39	100.0%	0.20 [-0.02, 0.42]	◆
Heterogeneity: Not ap Test for overall effect:		P = 0.08	i)						-4 -2 0 2 4 Favours control Favours Pos. modifier

Figure 3: Epworth sleepiness scale, 0-24, higher is worse

	Position	Positional modifier			ontro	l i		Mean Difference	Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
Jackson 2015	8.1	4.1	47	9.4	6.6	39	37.0%	-1.30 [-3.68, 1.08]	-8-		
Laub 2017	9.2	3.9	37	10.9	4.1	37	63.0%	-1.70 [-3.52, 0.12]			
Total (95% CI)			84			76	100.0%	-1.55 [-3.00, -0.10]	•		
Heterogeneity: Chi² = Test for overall effect:		·	~ ~	= 0%					-20 -10 0 10 20 Favours Pos. modifier Favours Control		

Figure 4: AHI, higher is worse

-	Position	nal mod	ifier	С	ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Jackson 2015	10.8	9.9	47	16.8	15.9	39	37.5%	-6.00 [-11.74, -0.26]	
Laub 2017	10.4	9.4	37	17.5	10.1	37	62.5%	-7.10 [-11.55, -2.65]	
Total (95% CI)			84			76	100.0%	-6.69 [-10.20, -3.17]	•
Heterogeneity: Chi ² = Test for overall effect:		`	~ •	= 0%					-20 -10 0 10 20 Favours Pos. modifier Favours Control

Figure 5: Supine AHI (BMI of less than 30 kg/m²), higher is worse

	Positio	nal mod	ifier	Co	ontro			Mean Difference	Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
Laub 2017	17.5	22.2	37	33.1	21	37	100.0%	-15.60 [-25.45, -5.75]			
Total (95% CI)			37			37	100.0%	-15.60 [-25.45, -5.75]	◆		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.00	12)						-100 -50 0 50 100 Favours Pos. modifier Favours Control		

Figure 6: Supine AHI (BMI of 30 kg/m² or more), higher is worse

	Position	nal mod	ifier	C	ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% Cl
Jackson 2015	35.5	27.7	47	37.9	25.5	39	100.0%	-2.40 [-13.66, 8.86]	
Total (95% CI)			47			39	100.0%	-2.40 [-13.66, 8.86]	+
Heterogeneity: Not ap Test for overall effect: .	•	P = 0.68)						-100 -50 0 50 100 Favours Pos. modifier Favours Control

Figure 7: % of TST supine, higher is worse

	Positio	nal mod	lifier	C	ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Jackson 2015	8.7	1.5	47	24	23.1	39	59.3%	-15.30 [-22.56, -8.04]	
Laub 2017	17.3	17.5	37	38.7	20.8	37	40.7%	-21.40 [-30.16, -12.64]	
Total (95% CI)			84			76	100.0%	-17.79 [-23.38, -12.19]	◆
Heterogeneity: Chi² = Test for overall effect:				= 9%					-100 -50 0 50 100 Favours Pos. modifier Favours Control

Figure 8: Systolic BP, higher is worse

	Position	nal modi	ifier	С	ontrol			Mean Difference	Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
Jackson 2015	125.7	9.6	47	133.4	15.2	39	100.0%	-7.70 [-13.20, -2.20]			
Total (95% CI)			47			39	100.0%	-7.70 [-13.20, -2.20]	◆		
Heterogeneity: Not ap Test for overall effect:		P = 0.00	6)						-100 -50 0 50 100 Favours Pos. modifier Favours Control		