E.3 Position modifiers vs oral devices (mild OSAHS)

Figure 11: Change in FOSQ, 5-20, lower is worse
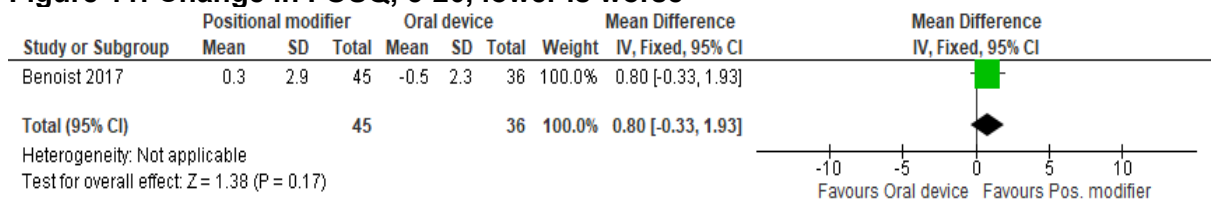
| Study or Subgroup | Positional modifier | | | Oral device | | | Weight | Mean Difference IV, Fixed, 95% CI | Mean Difference IV, Fixed, 95% CI |
	Mean	SD	Total	Mean	SD	Total			
Benoist 2017	0.3	2.9	45	-0.5	2.3	36	100.0%	0.80 [-0.33, 1.93]	
Total (95% CI)			45			36	100.0%	0.80 [-0.33, 1.93]	
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.38 (P = 0.17)									

Favours Oral device   Favours Pos. modifier

Figure 12: Change in Epworth, 0-24, higher is worse

Study or Subgroup	Positional modifier			Oral device			Weight	Mean Difference IV, Fixed, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Benoist 2017	-0.4	3.9	45	-1.2	3.6	36	100.0%	0.80 [-0.84, 2.44]
Total (95% CI)			45			36	100.0%	0.80 [-0.84, 2.44]

Heterogeneity: Not applicable
Test for overall effect: Z = 0.96 (P = 0.34)
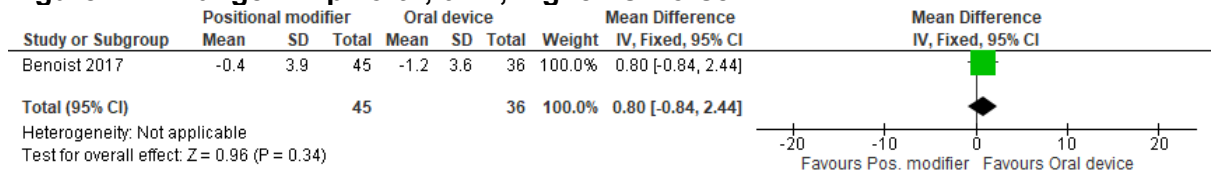
Figure 13: Total AHI, higher is worse

Study or Subgroup	Positional modifier			Oral device			Weight	Mean Difference IV, Fixed, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Benoist 2017	-5	6.3	48	-3.7	5.4	51	100.0%	-1.30 [-3.62, 1.02]
Total (95% CI)			48			51	100.0%	-1.30 [-3.62, 1.02]

Heterogeneity: Not applicable
Test for overall effect: Z = 1.10 (P = 0.27)
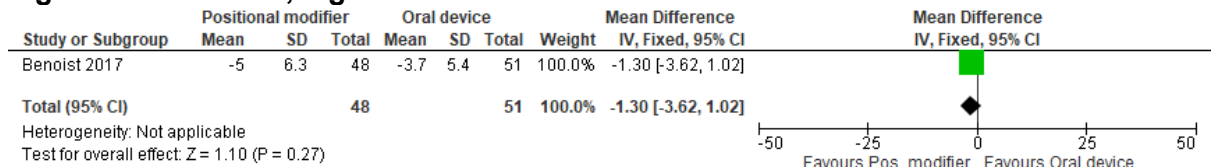
Figure 14: Supine AHI, higher is worse

Study or Subgroup	Positional modifier			Oral devices			Weight	Mean Difference IV, Fixed, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Benoist 2017	-11.4	18.2	45	-14.5	18.1	36	100.0%	3.10 [-4.85, 11.05]
Total (95% CI)			45			36	100.0%	3.10 [-4.85, 11.05]

Heterogeneity: Not applicable
Test for overall effect: Z = 0.76 (P = 0.44)
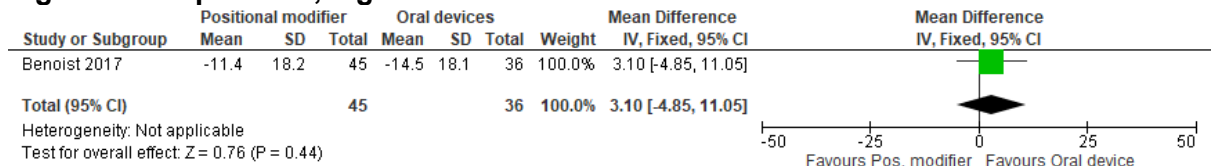
Figure 15: Change in ODI, higher is worse

Study or Subgroup	Positional modifier			Oral devices			Weight	Mean Difference IV, Fixed, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Benoist 2017	-4.3	6	45	-3.1	5.4	36	100.0%	-1.20 [-3.69, 1.29]
Total (95% CI)			45			36	100.0%	-1.20 [-3.69, 1.29]

Heterogeneity: Not applicable
Test for overall effect: Z = 0.95 (P = 0.34)
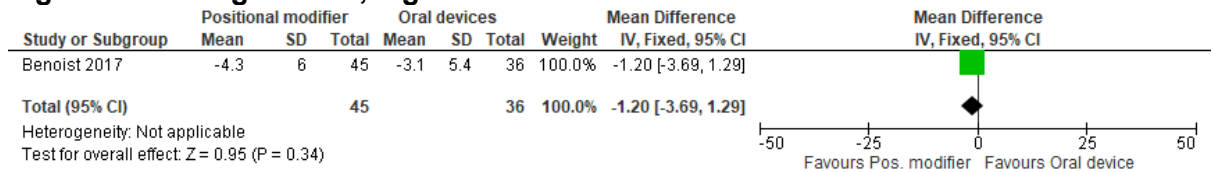
Figure 16: Change in supine sleep %, higher is worse

Study or Subgroup	Positional modifier			Oral device			Weight	Mean Difference IV, Fixed, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Benoist 2017	-28	20	45	-0.9	19.6	36	100.0%	-27.10 [-35.77, -18.43]
Total (95% CI)			45			36	100.0%	-27.10 [-35.77, -18.43]

Heterogeneity: Not applicable
Test for overall effect: Z = 6.13 (P < 0.00001)
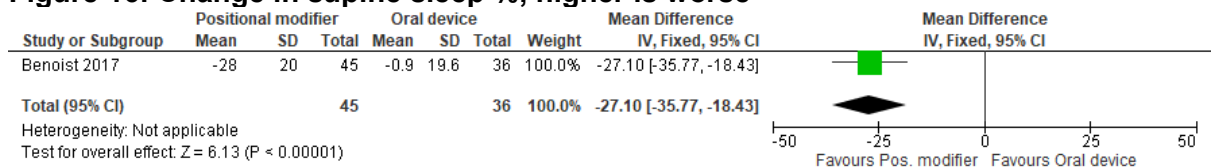
Figure 17: Adherence (% with ≥4h/night, ≥5d/wk), lower is worse

Study or Subgroup	Positional modifier			Oral device			Weight	Mean Difference IV, Fixed, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Benoist 2017	89.3	22.4	45	81.3	30	36	100.0%	8.00 [-3.78, 19.78]
Total (95% CI)			45			36	100.0%	8.00 [-3.78, 19.78]

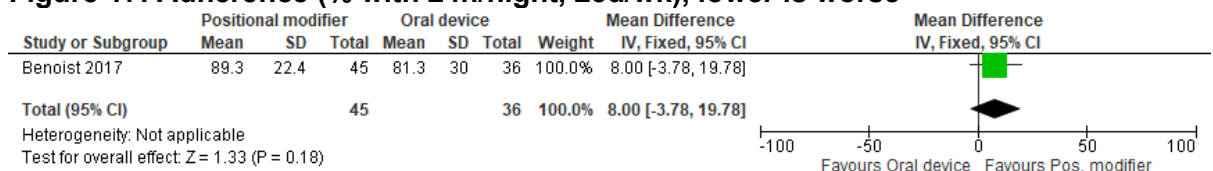Heterogeneity: Not applicable
Test for overall effect: Z = 1.33 (P = 0.18)

Figure 18: Minor adverse events, higher is worse

Study or Subgroup	Positional modifier Events	Total	Oral device Events	Total	Weight	Risk Ratio M-H, Fixed, 95% CI
Benoist 2017	13	48	26	51	100.0%	0.53 [0.31, 0.91]
Total (95% CI)		**48**		**51**	**100.0%**	**0.53 [0.31, 0.91]**
Total events	13		26			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.31 (P = 0.02)						