# E.5 Position modifiers vs CPAP (moderate OSAHS)

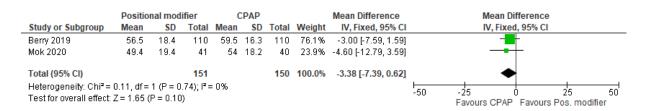
## Figure 21: Quality of life, SF-36, physical domain, 0-100, lower is worse

	Positio	nal mod	ifier	CPAP				Mean Difference		Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI
Berry 2019	51.1	7.44	110	51.46	7.13	110	92.4%	-0.36 [-2.29, 1.57]		
Skinner 2008	44.5	11	20	44.6	10.6	20	7.6%	-0.10 [-6.79, 6.59]		
Total (95% CI)			130			130	100.0%	-0.34 [-2.19, 1.51]		-
Heterogeneity: Chi² = Test for overall effect:				= 0%					-10	-5 0 5 10 Favours CPAP Favours Position modifier

## Figure 22: Quality of life, SF-36, mental domain, 0-100, lower is worse

	Positio	nal mod	ifier	CPAP				Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Berry 2019	51.52	8.96	110	52.4	6.97	110	87.4%	-0.88 [-3.00, 1.24]	
Skinner 2008	50.3	9.5	20	49.7	8.5	20	12.6%	0.60 [-4.99, 6.19]	
Total (95% CI)			130			130	100.0%	-0.69 [-2.68, 1.29]	-
Heterogeneity: Chi² = Test for overall effect:	•	,	~ `	= 0%					-10 -5 0 5 10 Favours CPAP Favours Position modifier

Figure 23: Quality of life, SF-36, Energy/fatigue, 0-100, lower is worse



## Figure 24: FOSQ, 5-20, lower is worse

	Positional modifier			0	PAP			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Berry 2019	17.32	2.18	110	17.62	1.87	110	68.0%	-0.30 [-0.84, 0.24]	
Mok 2020	16.9	2.3	41	17.5	2	40	22.3%	-0.60 [-1.54, 0.34]	
Skinner 2008	12.4	2.7	20	12.8	1.8	20	9.7%	-0.40 [-1.82, 1.02]	
Total (95% CI)			171			170	100.0%	-0.38 [-0.82, 0.07]	•
Heterogeneity: Chi <sup>2</sup> = Test for overall effect:				= 0%					-10 -5 0 5 10 Favours CPAP Favours Position modifier

#### Figure 25: Epworth sleepiness scale, 0-24, higher is worse

	Positio	Positional modifier			PAP			Mean Difference	Mean Difference
Study or Subgroup	Mean	<b>SD</b>	Total	Mean	<b>SD</b>	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Berry 2019	8.27	4.98	110	7.37	3.98	110	64.2%	0.90 [-0.29, 2.09]	+=-
Mok 2020	10.9	4	41	8.9	4.5	40	26.4%	2.00 [0.14, 3.86]	
Skinner 2008	11.6	5.8	20	10.4	4.1	20	9.4%	1.20 [-1.91, 4.31]	
Total (95% CI)			171			170	100.0%	1.22 [0.26, 2.17]	◆
Heterogeneity: Chi² = Test for overall effect:	•			: 0%					-10 -5 0 5 10 Favours Pos. modifier Favours CPAP

## Figure 26: AHI, higher is worse

	Positional modifier			0	PAP			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	<b>SD</b>	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Berry 2019	7.29	6.76	110	3.71	5.06	110	47.4%	3.58 [2.00, 5.16]	
Mok 2020	13	13.8	41	4	3.2	40	31.6%	9.00 [4.66, 13.34]	
Skinner 2008	12	14.5	20	4.9	3.9	20	21.0%	7.10 [0.52, 13.68]	
Total (95% CI)			171			170	100.0%	6.03 [2.10, 9.96]	◆
Heterogeneity: Tau² = Test for overall effect:	•		```	P = 0.05	5); <b> ²</b> =	67%	-20 -10 0 10 20 Favours Pos. modifier Favours CPAP		

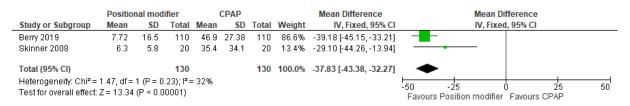
## Figure 27: Supine AHI, higher is worse

	Positional modifier			0	PAP			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Berry 2019	9.67	21.75	110	5.68	9.84	110	53.0%	3.99 [-0.47, 8.45]	
Mok 2020	18.5	24.4	41	5.6	7.2	40	38.5%	12.90 [5.11, 20.69]	<b>_</b>
Skinner 2008	37.75	44.6	20	21.5	32.7	20	8.5%	16.25 [-7.99, 40.49]	
Total (95% CI)			171			170	100.0%	8.46 [0.89, 16.03]	◆
Heterogeneity: Tau² = Test for overall effect:				(P = 0.1	1); I² =	= 55%			-50 -25 0 25 50 Favours Position modifier Favours CPAP

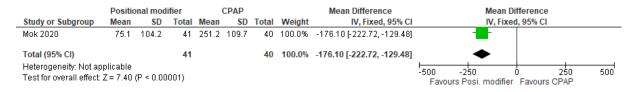
## Figure 28: ODI

	Positio	nal mod	ifier	0	PAP			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	I Mean SD T		Total	Weight IV, Random, 95% C		IV, Random, 95% CI
Berry 2019	3.82	4.82	110	1.58	2.46	110	64.9%	2.24 [1.23, 3.25]	- <b>∎</b> -
Mok 2020	5.9	10.5	41	0.8	0.9	40	35.1%	5.10 [1.87, 8.33]	<b>_</b>
Total (95% CI)			151			150	100.0%	3.24 [0.57, 5.92]	-
Heterogeneity: Tau² = Test for overall effect:				P = 0.10	));   <b>2</b> =	64%			-10 -5 0 5 10 Favours Pos. modifier Favours CPAP

#### Figure 29: Supine sleeping percentage, higher is worse



#### Figure 30: Time spent in supine position, higher is worse



#### Figure 31: Adherence, self-reported compliance, hours per night, lower is worse

	Position	al mod	ifier	CPAP				Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Skinner 2008	7.4	1.6	20	4.9	1.9	20	100.0%	2.50 [1.41, 3.59]	
Fotal (95% CI)			20			20	100.0%	2.50 [1.41, 3.59]	•
leterogeneity: Not ap									-4 -2 0 2 4
Fest for overall effect:	Z = 4.50 (P	° < 0.00	001)						Favours CPAP Favours Pos. modifier

#### Figure 32: Adherence, percentage of nights with ≥4 hours use

	Positional modifier		C	PAP			Mean Difference		Mean Difference				
Study or Subgroup	Mean	<b>SD</b>	Total	Mean SD Total		Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI					
Berry 2019	74	25.3	111	63.9	30.9	111	100.0%	10.10 [2.67, 17.53]					
Total (95% CI)			111			111	100.0%	10.10 [2.67, 17.53]			•		
Heterogeneity: Not ap Test for overall effect:		P = 0.00	18)						H-100	-50 Favours CP	0 AP Favours	50 s Pos. mo	100 difiers

## Figure 33: Adverse effects

	Experim	ental	Cont	rol		Risk Ratio	Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% Cl	M-H, Fixed, 95% CI	
Mok 2020	4	41	2	40	100.0%	1.95 [0.38, 10.06]		
Total (95% CI)		41		40	100.0%	1.95 [0.38, 10.06]		
Total events	4		2					
Heterogeneity: Not a Test for overall effect		P = 0.42	)				0.01 0.1 1 10 Favours Pos. modifiers Favours CPAP	100

#### Figure 34: Preference

	Positional m	odifier	CPA	Р		Risk Ratio	Risk Ratio				
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl				
Berry 2019	58	110	51	110	53.0%	1.14 [0.87, 1.49]			╆-		
Mok 2020	8	41	24	40	47.0%	0.33 [0.17, 0.64]					
Total (95% CI)		151		150	100.0%	0.63 [0.18, 2.21]					
Total events	66		75								
Heterogeneity: Tau <sup>a</sup>			1 (P = 0.)	0005);1	<b>≥</b> = 92%		0.01	0.1	1	+ 10	100
Test for overall effe	ct: Z = 0.72 (P = 0	.47)						Favours CPAP	Favours Po	os. mod	lifier