

**Table 16: Clinical evidence profile: positional modifiers vs oral devices (mild OSAHS)**

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Positional modifiers	Oral devices (mild)	Relative (95% CI)	Absolute		
<b>Change in FOSQ (follow-up mean 3 months; range of scores: -0.33-1.93; Better indicated by higher values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	no serious imprecision	None	45	36	-	MD 0.8 higher (0.33 lower to 1.93 higher)	⊕○○○ VERY LOW	CRITICAL
<b>Change in Epworth (follow-up mean 3 months; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	no serious imprecision	None	45	36	-	MD 0.8 higher (0.84 lower to 2.44 higher)	⊕○○○ VERY LOW	IMPORTANT
<b>Change in total AHI (follow-up mean 3 months; Better indicated by lower values)</b>												
1	randomised trials	serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	serious <sup>3</sup>	None	48	51	-	MD 1.3 lower (3.62 lower to 1.02 higher)	⊕○○○ VERY LOW	IMPORTANT
<b>Change in supine AHI (follow-up mean 3 months; Better indicated by lower values)</b>												

1	randomised trials	serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	serious <sup>3</sup>	None	45	36	-	MD 3.1 higher (4.85 lower to 11.05 higher)	⊕○○○ VERY LOW	IMPORTANT
<b>Change in ODI (follow-up mean 3 months; Better indicated by lower values)</b>												
1	randomised trials	serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	serious <sup>3</sup>	None	45	36	-	MD 1.2 lower (3.69 lower to 1.29 higher)	⊕○○○ VERY LOW	IMPORTANT
<b>Change in supine sleep % (follow-up mean 3 months; Better indicated by lower values)</b>												
1	randomised trials	serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	no serious imprecision	None	45	36	-	MD 27.1 lower (35.77 to 18.43 lower)	⊕⊕○○ LOW	IMPORTANT
<b>Adherence (% with &gt;=4h/night, &gt;=5d/wk) (follow-up mean 3 months; range of scores: 0-100; Better indicated by higher values)</b>												
1	randomised trials	serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	Very serious <sup>3</sup>	None	45	36	-	MD 8 higher (3.78 lower to 19.78 higher)	⊕○○○ VERY LOW	IMPORTANT
<b>Minor AEs (follow-up mean 3 months)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	serious <sup>3</sup>	None	13/48 (27.1%)	26/51 (51%)	RR 0.53 (0.31 to 0.91)	240 fewer per 1000 (from 46 fewer to 352 fewer)	⊕○○○ VERY LOW	IMPORTANT

<sup>1</sup> Downgraded by 1 increment if the majority of the evidence was at high risk of bias, and downgraded by 2 increments if the majority of the evidence was at very high risk of bias

<sup>2</sup> Downgraded by 1 or 2 increments because the majority of the evidence included an indirect or very indirect population respectively

<sup>3</sup> Downgraded by 1 increment if the confidence interval crossed one MID or by 2 increments if the confidence interval crossed both MIDs. Established MIDs for SF-36 physical/mental- 2/3; FOSQ- 2; ESS -2.5; SAQLI – 2.GRADE default MID (0.5XSD) used for all other continuous outcomes. .