

**Table 18: Clinical evidence profile: positional modifiers vs CPAP (moderate OSAHS)**

Clinical Evidence Profile							Quality of Evidence		Number of Studies		Risk of Bias	
Study	Comparison	Outcome	Effect Size	95% CI	Number of Patients	Number of Events	GRADE	Downgraded to	Number of Studies	Number of Patients	Number of Events	RoB

<b>Quality assessment</b>							<b>No of patients</b>		<b>Effect</b>		<b>Quality</b>	<b>Importance</b>

No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	PM	CPAP (moderate)	Relative (95% CI)	Absolute		
<b>Quality of life - SF36 physical (follow-up 1-1.5 months; Better indicated by higher values)</b>												
2	randomised trials	very serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	serious <sup>3</sup>	None	130	130	-	MD 0.34 lower (2.19 lower to 1.51 higher)	⊕000 VERY LOW	CRITICAL
<b>Quality of life - SF36 mental (follow-up 1-1.5 months; Better indicated by higher values)</b>												
2	randomised trials	very serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	no serious imprecision	None	130	130	-	MD 0.69 lower (2.68 lower to 1.29 higher)	⊕000 VERY LOW	CRITICAL
<b>Quality of life - SF 36 Energy fatigue (follow-up 1.5-2 months; range of scores: 0-100; Better indicated by higher values)</b>												
2	randomised trials	very serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	serious <sup>3</sup>	None	151	150	-	MD 3.38 lower (7.39 lower to 0.62 higher)	⊕000 VERY LOW	CRITICAL
<b>FOSQ (follow-up mean 1-2 months; range of scores: 5-20; Better indicated by higher values)</b>												
3	randomised trials	very serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	no serious imprecision	None	171	170	-	MD 0.38 lower (0.82 lower to 0.07 higher)	⊕000 VERY LOW	CRITICAL
<b>Epworth (follow-up 1-2 months; range of scores: 0-24; Better indicated by lower values)</b>												
3	randomised trials	very serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	no serious imprecision	None	171	170	-	MD 1.22 higher (0.26 to 2.17 higher)	⊕000 VERY LOW	IMPORTANT
<b>AHI (follow-up 1-2 months; Better indicated by lower values)</b>												
3	randomised trials	serious <sup>1</sup>	serious <sup>4</sup>	serious <sup>2</sup>	no serious imprecision	None	171	170	-	MD 6.03 higher (2.1 to 9.96 higher)	⊕000 VERY LOW	IMPORTANT
<b>Supine AHI (follow-up mean 1-2 months; Better indicated by lower values)</b>												

3	randomised trials	serious <sup>1</sup>	serious <sup>4</sup>	serious <sup>2</sup>	serious <sup>3</sup>	None	171	170	-	MD 8.46 higher (0.89 to 16.03 higher)	⊕○○○ VERY LOW	IMPORTANT
<b>ODI (follow-up 1.5-2 months; Better indicated by lower values)</b>												
2	randomised trials	serious <sup>1</sup>	serious <sup>4</sup>	serious <sup>2</sup>	serious <sup>3</sup>	None	151	151	-	MD 3.24 higher (0.57 to 5.92 higher)	⊕○○○ VERY LOW	IMPORTANT
<b>Supine sleeping percentage (follow-up 1-2 months; Better indicated by lower values)</b>												
2	randomised trials	serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	no serious imprecision	None	130	130	-	MD 37.83 lower (43.38 to 32.27 lower)	⊕⊕○○ LOW	IMPORTANT
<b>Supine sleep time (follow-up mean 2 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	41	40	-	MD 176.1 lower (222.72 to 129.48 lower)	⊕⊕○○ LOW	IMPORTANT
<b>Adherence (self-reported compliance, h/n) (follow-up mean 1 months; 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	20	20	-	MD 2.5 higher (1.41 to 3.59 higher)	⊕○○○ VERY LOW	IMPORTANT
<b>Adherence (percentage of nights with &gt;+ 4 hours use (follow-up mean 1.5 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	111	111	-	MD 10.10 higher (2.67 to 17.53 higher)	⊕○○○ VERY LOW	IMPORTANT
<b>Adverse events (follow-up mean 2 months)</b>												
1	randomised trials	serious <sup>1</sup>	no serious inconsistency	serious <sup>2</sup>	very serious <sup>3</sup>	None	4/41 (9.8%)	2/40 (5%)	RR 1.95 (0.38 to 10.06)	48 more per 1000 (from 31 fewer to 453 more)	⊕○○○ VERY LOW	IMPORTANT
<b>Preference (follow-up mean 2 months)</b>												
2	randomised trials	very serious <sup>1</sup>	very serious <sup>4</sup>	serious <sup>2</sup>	very serious <sup>3</sup>	None	66/151 (43.7%)	75/150 (50%)	RR 0.63 (0.18 to 2.21)	185 fewer per 1000 (from 410 fewer to 605 more)	⊕○○○ 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

<sup>4</sup> Downgraded by 1 or 2 increments because heterogeneity, unexplained by subgroup analysis. Random effects analysis used