

Supplemental Material E1

Methods: Sleep Study

OSA was determined by a full overnight polysomnography (PSG). PSG (Siesta, Compumedics, Melbourne, Australia) included recording of oronasal flow (termistor and cannula), thoracoabdominal movements, electrocardiogram, sub-mental and pre-tibial electromyography, electrooculogram, electroencephalogram, pulse oximetry and body position sensor. Rechtschaffen and Kales' criteria were used for visual scoring of sleep stages. Apnea was defined as a cessation of flow for at least 10 seconds, and hypopnea as any flow reduction of at least 10 seconds, accompanied by a fall of $\geq 3\%$ in SpO₂ or microarousal. The apnea-hypopnea index (AHI) and the arousal index were defined as the number of apneas/hypopneas and arousals, respectively, per hour of sleep.