

Supplementary Table 1. Heterogeneity and publication bias

Variable	Heterogeneity			Publication bias
	Q-value	P-value	I ²	P-value for Egger's test (one-tailed)
Sleepiness (ESS)	114.7	>0.001	86.9	>0.001 ^{a)}
Apnea-hypopnea index	69.6	>0.001	68.4	0.294
Lowest O ₂ saturation	27.0	0.012	51.9	0.352

ESS, Epworth Sleepiness Scale.

^{a)}Using Trim and Fill, these values are unchanged.