

Appendix

Table 1: Changes in OSA severity indexes and nighttime diastolic blood pressure z score in mild-to-moderate or severe OSA cases, with or without early surgical intervention

	Early Surgery Group		Watchful Waiting Group	
	Mild-to-moderate OSA (36 cases)	Severe OSA (26 cases)	Mild-to-moderate OSA (30 cases)	Severe OSA (17 cases)
*Change in obstructive apnoea-hypopnoea index from baseline (event per hour)	-2.6	-19.2	+1.2	-2.7
**Change in nighttime diastolic blood pressure z score from baseline	-0.03	-0.43	-0.08	+0.09

*The number of times a person's breathing reduces or stops during an average hour of sleep.

**Z score is the deviation of the observed value from the gender- and height-specific population mean blood pressure.

Table 2: Changes in BMI and daytime systolic blood pressure z score in OSA cases, with or without early surgical intervention

	Early Surgery Group		Watchful Waiting Group	
	BMI not significantly increased (43 cases)	BMI significantly increased (19 cases)	BMI not significantly increased (41 cases)	BMI significantly increased (6 cases)
Overall change in BMI z score in the whole group	+0.27		-0.02	
Change in daytime systolic blood pressure z score from baseline	+0.03	+0.52	-0.06	+0.56