Supplementary Table 5. Effect sizes for every continuous between-group comparison in Table 2

Variable	Hedges' g	95% CI	Mean difference	95% CI
Demographics				
Age	+0.14	-0.28 to +0.56	+1.20	-2.40 to +4.81
Height	-0.24	-0.66 to +0.18	-1.89	-5.26 to +1.48
Weight	-0.31	-0.73 to +0.11	-2.76	-6.55 to +1.03
BMI	-0.19	-0.61 to +0.23	-0.53	-1.73 to +0.66
Sleep continuity				
Total sleep time	-0.49	-0.92 to -0.07	-37.18	-68.84 to -5.51
Sleep latency	+0.08	-0.34 to +0.50	+2.49	-10.39 to +15.37
WASO (min)	+0.72	+0.28 to +1.15	+35.30	+14.51 to +56.09
WASO (%)	+0.66	+0.23 to +1.09	+9.04	+3.29 to +14.78
Sleep efficiency	-0.67	-1.10 to -0.24	-9.55	-15.56 to -3.53
Sleep continuity (descriptive)				
N2 sleep latency	+0.45	+0.03 to +0.87	+8.14	+0.51 to +15.76
REM sleep latency	+0.10	-0.33 to +0.52	+6.69	-23.24 to +36.63
Sleep architecture				
N1	+0.46	+0.03 to +0.88	+5.04	+0.38 to +9.71
N2	-0.42	-0.84 to +0.00	-4.72	-9.45 to +0.02
N3	+0.12	-0.30 to +0.53	+0.70	-1.84 to +3.24
REM	-0.11	-0.53 to +0.30	-1.03	-4.82 to +2.76
Arousal indices				
Total arousal index	-0.09	-0.50 to +0.33	-0.92	-5.40 to +3.57
Respiratory arousal index	-0.06	-0.48 to +0.35	-0.69	-5.13 to +3.75
Snore arousal index	-0.19	-0.62 to +0.23	-0.22	-0.72 to +0.28
RERA index	+0.13	-0.29 to +0.55	+0.24	-0.56 to +1.05
Spontaneous arousal index	-0.08	-0.50 to +0.34	-0.41	-2.58 to +1.75
Movement arousal index	+0.10	-0.32 to +0.52	+0.18	-0.59 to +0.96
REM arousal index	-0.53	-0.96 to -0.10	-7.38	-13.34 to -1.42
NREM arousal index	+0.09	-0.33 to +0.51	+1.01	-3.72 to +5.74
Sleep-disordered breathing				
Total apnea index	+0.23	-0.20 to +0.65	+2.23	-1.97 to +6.44
Total hypopnea index	-0.10	-0.52 to +0.32	-1.06	-5.61 to +3.48
Total AHI	-0.03	-0.45 to +0.39	-0.45	-6.74 to +5.84
Total A+H+RERA index	+0.08	-0.34 to +0.50	+1.32	-5.54 to +8.18
Lateral A+H+RERA index	-0.08	-0.55 to +0.40	-1.00	-7.26 to +5.25
REM A+H+RERA index	-0.25	-0.67 to +0.18	-5.05	-13.67 to +3.58
NREM A+H+RERA index	+0.18	-0.24 to +0.60	+3.09	-4.16 to +10.35
Apnea max length	+0.15	-0.30 to +0.59	+2.93	-5.91 to +11.77
Hypopnea max length	-0.55	-0.98 to -0.13	-14.92	-26.28 to -3.56
Oxygenation				
Lowest SpO_2	+0.12	-0.29 to +0.54	+0.59	-1.40 to +2.58
Time SpO_2 <90% (%)	-0.04	-0.46 to +0.38	-0.21	-2.41 to +1.99
Time SpO_2 <90% (min)	-0.04	-0.45 to +0.38	-0.58	-7.29 to +6.12
ODI	+0.08	-0.34 to +0.50	+1.17	-5.01 to +7.36
90% ODI	+0.00	-0.42 to +0.42	+0.01	-3.04 to +3.06
Subjective sleep/mood				
BDI	+0.09	-0.33 to +0.52	+0.72	-2.58 to +4.02
ESS	-0.31	-0.73 to +0.12	-1.40	-3.33 to +0.53
ISI	-1.86	-2.37 to -1.36	-10.03	-12.30 to -7.75
PSQI	-1.52	-2.00 to -1.05	-5.84	-7.46 to -4.22

Hedges' g and mean differences are expressed as early AD minus control, and are computed from the group n, mean and standard deviation reported in Table 2. Mean-difference confidence intervals use the Welch approximation with the cell-level n; Hedges' g confidence intervals use the standard approximate sampling-variance method. Because the p-values in Table 2 were obtained with distribution-dependent tests, mean-based effect-size confidence intervals need not correspond exactly to rank-based Mann-Whitney U p-values; N2 sleep latency and N1 illustrate this. For ISI and PSQI, the corresponding rank-biserial correlations were r=0.79 and r=0.70, respectively. Effect sizes are reported for all 41 continuous variables in Table 2; the categorical comparisons (sex and the obstructive sleep apnea severity distribution) are not included. Minimum detectable effect: for a single two-sided comparison at alpha=0.05 with 44 participants per group, the smallest detectable standardized difference at 80% power is Cohen's d=0.60 (d=0.70 at 90% power), and power to detect d=0.50 was 64%. Power after Benjamini–Hochberg correction is lower and depends on the joint distribution of p-values within each outcome family. Effects smaller than d=0.60 could not have been reliably detected.

AHI, apnea–hypopnea index; A+H+RERA, apnea+hypopnea+respiratory effort-related arousal; BDI, Beck Depression Inventory; BMI, body mass index; CI, confidence interval; ESS, Epworth Sleepiness Scale; ISI, Insomnia Severity Index; NREM, non-rapid eye movement; ODI, oxygen desaturation index; PSQI, Pittsburgh Sleep Quality Index; REM, rapid eye movement; RERA, respiratory effort-related arousal; SpO_2, peripheral oxygen saturation; WASO, wake after sleep onset.