

Appendix 1

Inclusion criteria:

1. Adequate nasal airway as defined by anterior rhinoscopy or nasendoscopy
2. Confirmed airway collapse has confirmed by Mueller's Maneuver and/or Woodson's Hypotonic Method

Exclusion criteria:

1. Laryngeal, subglottic, or tracheal stenosis
2. Primary supraglottic collapse
3. Significant palatal scarring from previous tonsil surgery
4. Prior surgical intervention on the palate, tongue, mandible or maxilla.
5. Previous tonsillectomy accepted
 - a. Nasal obstruction resistant to medical or surgical treatment
6. Retrognathia (confirmed on lateral skull x-ray)
 - a. Sella-Nasion-B angle $<72^{\circ}$
7. Heart failure
8. New York Heart Association class 1 acceptable
9. History of major cardiac event including myocardial infarction, unstable angina
10. History of stroke
11. History of moderate to severe chronic obstructive pulmonary disease
 - a. FEV:FVC $< 70\%$ and FEV1 $< 50\%$
12. History of major disorder of pulmonary, renal or nervous system in the past three months
13. Dysphagia or aspiration history
14. Major depression that requires hospitalisation, suicide attempt, or antidepressant drug dose escalation in prior 3 months
15. Pregnant or breast feeding
16. Occupation as a commercial driver
17. Narcotic addiction
18. Contraindication to steroid use intraoperatively
19. Such as uncontrolled diabetes, avascular necrosis of the hip
20. Unacceptable anaesthetic or surgical risk
 - a. Such as high stroke risk with anticoagulation unable to be ceased