

Number	URL	FKRE Score	DISCERN Score
1	https://www.nhs.uk/conditions/obstructive-sleep-apnoea/	55	37
2	https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-20352090	51	30
3	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4549693/	42	50
4	https://en.wikipedia.org/wiki/Sleep_apnea	56	40
5	https://www.sleephealthfoundation.org.au/obstructive-sleep-apnea.html	67	24
6	https://www.racgp.org.au/afp/2017/july/obstructive-sleep-apnoea-and-obesity/	42	53
7	http://www.snoreaustralia.com.au/obstructive-sleep-apnoea.php	43	25
8	https://lungfoundation.com.au/wp-content/uploads/2018/09/Factsheet-Obstructive-sleep-apnoea-Sep2014.pdf	78	36
9	https://www.healthdirect.gov.au/sleep-apnoea	66	41
10	https://www.rch.org.au/kidsinfo/fact_sheets/childhood_obstructive_sleep_apnoea_osa/	62	27
11	https://www.mja.com.au/journal/2013/199/8/how-assess-diagnose-refer-and-treat-adult-obstructive-sleep-apnoea-commentary	41	40
12	https://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0006/212919/Obstructive_Sleep_Apnoea_Guidelines.pdf	84	46
13	https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sleep-apnoea	41	26
14	https://www.webmd.com/sleep-disorders/guide/understanding-obstructive-sleep-apnea-syndrome#1	71	26
15	https://www.healthline.com/health/sleep/obstructive-sleep-apnea	60	27
16	https://patient.info/signs-symptoms/tiredness-fatigue/obstructive-sleep-apnoea-syndrome	64	51
17	https://www.racgp.org.au/afp/2009/may/sleep-apnoea/	57	62
18	https://www.nlm.nih.gov/health-topics/sleep-apnea	56	40
19	https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631	55	29
20	https://www.sleephelp.org/sleep-apnea/	62	40
21	https://www.mydr.com.au/first-aid-self-care/obstructive-sleep-apnoea	56	37
22	http://www.sleepcentres.com.au/obstructive-sleep-apnea.html	64	26
23	https://www.sleepfoundation.org/sleep-apnea	48	25
24	https://www.helpguide.org/articles/sleep/sleep-apnea.htm	63	62
25	http://sleepeducation.org/essentials-in-sleep/sleep-apnea/overview-facts	62	36
26	https://kidshealth.org/en/parents/apnea.html	65	36
27	https://www.verywellhealth.com/sleep-apnea-overview-3014774	58	25
28	https://www.healthysleep.net.au/sleep-apnea-treatment-options/	65	21
29	https://www.ressleep.com.au/articles/all-you-need-to-know-sleep-apnea-treatment	65	63
30	https://www.sleepoz.org.au/sleepapnea	31	22
31	https://www.alaskasleep.com/blog/types-of-sleep-apnea-explained-obstructive-central-mixed	64	33
Average		57.9	36.6

Figure S1 Table of 2019 data links with correlating scores. DISCERN, Dissembling Information on Treatment Choices for Patients; FKRE, Flesch-Kincaid Reading Ease.

Nu	URL	FKRE Score	DISCERN Score
1	https://www.healthdirect.gov.au/obstructive-sleep-apnoea	58	46
2	https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-20352090	52	55
3	https://www.sleepfoundation.org/sleep-apnea/obstructive-sleep-apnea	57	59
4	https://www.sleephealthfoundation.org.au/sleep-disorders/obstructive-sleep-apnoea	64	50
5	https://www.ncbi.nlm.nih.gov/books/nbk459252/	31	68
6	https://bestpractice.bmj.com/topics/en-gb/215	17	60
7	https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631	52	39
8	https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/diagnosis-treatment/drc-20352095	60	49
9	https://www.nhs.uk/conditions/sleep-apnoea/	80	33
10	https://en.wikipedia.org/wiki/obstructive_sleep_apnea	38	48
11	https://my.clevelandclinic.org/health/diseases/24443-obstructive-sleep-apnea-osa	62	47
12	https://www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways/obstructive-sleep-apnoea/	54	47
13	https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sleep-apnoea	60	54
14	https://australianprescriber.tg.org.au/articles/diagnosis-and-management-of-obstructive-sleep-apnoea-in-adults.html	36	56
15	https://www.sleepfoundation.org/sleep-apnea/ahi	60	36
16	https://www.sleepfoundation.org/sleep-apnea	57	56
17	https://my.clevelandclinic.org/health/diseases/8718-sleep-apnea	61	52
18	https://www.webmd.com/sleep-disorders/sleep-apnea/sleep-apnea	69	51
19	https://www.mayoclinic.org/diseases-conditions/sleep-apnea/diagnosis-treatment/drc-20377636	58	46
20	https://en.wikipedia.org/wiki/sleep_apnea	55	49
21	https://www.nlm.nih.gov/health/sleep-apnea	64	43
22	https://www.sleepfoundation.org/sleep-apnea/sleep-apnea-symptoms	56	40
23	https://www.resmed.com.au/sleep-apnea	74	50
24	https://patient.info/signs-symptoms/tiredness-fatigue/obstructive-sleep-apnoea-syndrome	59	53
25	https://www.ncbi.nlm.nih.gov/pmc/articles/pmc8340897/	43	58
26	https://www.sleepfoundation.org/sleep-apnea/treatment	55	54
27	https://www.ncbi.nlm.nih.gov/books/nbk459252/#:~:text=obstructive%20sleep%20apnea%20(osa)%20is,sleep%2c%20and%20excessive%20daytime%20sleepiness,	24	59
28	https://lungfoundation.com.au/resources/obstructive-sleep-apnoea-fact-sheet/	45	59
29	https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-dangers-of-uncontrolled-sleep-apnea	61	43
30	https://www.boc.com.au/shop/en/au/sleepapnoea?gad_source=1&gclid=eaiaiqobchmi3o3rw7v4iamvotyvbr2xfbkfeamyasaegk-f_d_bwe	53	32
31	https://www.webmd.com/sleep-disorders/sleep-apnea/understanding-obstructive-sleep-apnea-syndrome	65	49
32	https://www.ncbi.nlm.nih.gov/books/nbk564431/	45	63
33	https://www.medicalnewstoday.com/articles/178633	56	53
34	https://www.hopkinsmedicine.org/health/wellness-and-prevention/4-signs-you-might-have-sleep-apnea	70	33
35	https://www.healthline.com/health/sleep/obstructive-sleep-apnea	54	53
Average		54.3	53.1

Figure S2 Table of 2024 data links with correlating scores. DISCERN, DISsembling Information on Treatment Choices for Patients; FKRE, Flesch-Kincaid Reading Ease.