

Appendix 1: Search history

Medline (28 July 2023 & 31 May 2024 & 21 Jun 2025)

	Search Terms	Results 2023	Result 2024	Result 2025	Theme
1	exp Sleep Apnea, Obstructive/ or exp Sleep Apnea Syndromes/ or sleep disordered breathing.mp. or (Sleep adj3 Apn?ea*).mp. or hypopn?ea*.mp. or OSA.mp. or OSAHS.mp. or SAHS.mp.	61080	64226	68750	O (OSA)
2	Mandibular Advancement/ or Mandibular Advancement device*.mp. or Mandibular Advancement splint*.mp. or oral appliance*.mp. or mandibular repositioning appliance*.mp. or mandibular repositioning splint*.mp. or tongue*.mp.	64098	66354	69278	
3	(Positional appliance* or Positional therap*).mp. or exp posture/ or position*.mp. or postur*.mp. or supine*.mp. or Patient Positioning/	812646	844271	888301	
4	Continuous Positive Airway Pressure/ or CPAP.mp. or autoset.mp. or Auto-CPAP.mp. or APAP.mp. or auto-adjusting.mp. or fix* pressure.mp. or exp positive-pressure respiration/ or NCPAP.mp.	36407	37491	38947	
5	(Medication* or Drug* or Pharmaceutical or progesterone or progestogen or medoxy* or tricyclic anti depressant* or protriptyline or amitriptyline or imipramine or ssri or fluoxetine or clonidine or modafinil or stimulant* or Buspirone or doxapram or dopram or naloxone or narcan or opioid antagonist* or nicotin* or ACE inhibitor* or ACE-inhibitor* or cilazapril or captopril or enalapril or fosinopril or imidapril or lisinopril or perindopril or quinapril or ramipril ortrandolapril or anti hypertensive* or anti-hypertensive* or antihypertensive* or baclofen or mirtazapine or steroid*).mp. or *steroid/ or fluticasone.mp.	7251797	7456167	7772539	
6	Hypoglossal Nerve/ or Hypoglossal nerve stimulation.mp. or implanted nerve stimulation electrodes/ or Surgery.mp. or Surgical.mp. or Nasal reconstruction.mp. or Pharyngeal surgeries.mp. or uvulopharyngopalatoplasty.mp. or UPPP.mp. or uvpp.mp. or upp.mp. or palatoplasty.mp. or pharyngoplasty.mp. or palatopharyngoplasty.mp. or ppp.mp. or uvulopalatoplasty.mp. or laup.mp. or neurostimulation.mp. or electrical stimulation.mp. or upper airway muscles.mp. or genioglossus stimulation.mp. or tracheostomy.mp. or mini-tracheostomy.mp. or genioglossal advancement.mp. or maxillomandibular advancement.mp. or maxillomandibular osteotomy.mp. or maxillary advancement.mp. or maxillary osteotomy/ or mandibular osteotomy/ or intrapalatine resection.mp. or tongue volume reduction.mp. or inferior sagittal osteotomy.mp. or hyoid bone suspension.mp. or hyoid suspension.mp. or hyoid myotomy.mp. or septoplasty.mp. or polypectomy.mp. or adenoidectomy/ or tonsillectomy/ or adenotonsillectomy.mp. or maxillo-facial.mp.	3612419	3744746	3916269	
7	Herbal Medicine/ or Drugs, Chinese Herbal/ or Medicine, Chinese Traditional/ or Complementary Therapies/ or complementary medicine.mp. or alternative therap*.mp.	104541	108888	116349	
8	Exercise/ or Life Style/ or Weight Loss/ or (Weight* or exerc* or smok* or nicotine or cannabis or coffee or caffein*).mp. or caffeine/ or alcohol*.mp. or diet*.mp. or depriv*.mp. or restrict*.mp. or sleep hygien*.mp. or Myofunctional Therapy/ or Isotonic Contraction/ or Oropharyngeal exercise*.mp. or mouth exercise*.mp. or throat exercise*.mp.	3977782	4141564	4362638	
9	East Asian People/ or Chinese.mp or China.mp or Singapor*.mp or Malaysia*.mp or Taiwan*.mp or Hong Kong.mp or American, Chinese/	752537	813021	895961	C (Chinese)
10	exp Attitude to Health/ or exp Health Services Accessibility/ or exp Health Behavior/ or exp Health Education/ or exp Motivation/ or self efficacy/ or Self-Management/ or Self care/ or Culture/ or Religion/ or Awareness/ or Decision Making/ or factors.mp. or predictors.mp. or determinants.mp. or Help-seeking.mp. or help seeking.mp. or health belie*.mp. or health perception*.mp. or support.mp. or cognitive*.mp. or behavio?r*.mp. or attitude*.mp. or access*.mp. or education*.mp. or motivation*.mp. or cultur*.mp. or compliance.mp.	17102899	17643290	18326487	
11	Therapeutics/ or treatment.mp	5883395	6167425	6552881	
12	Adherence.mp or engagement.mp	294959	318023	353899	
13	2 or 3 or 4 or 5 or 6 or 7 or 8 or 11	15680043	16265462	17062752	T (All treatments)
14	10 or 12	17157202	17702984	18393856	B (Behavioral)
15	1 and 9 and 13 and 14	506	541	594	
16	limit 13 to (humans and "all adult (19 plus years)")	296	309	345	All 4
17	Limit 16 to yr="2023-2024"	N/A	24	N/A	
18	Limit 16 to yr="2024-2025"	N/A	N/A	44	

	Search Terms	Results 2023	Results 2024	Results 2025	Theme
1	exp Sleep Apnea Syndromes/ or exp sleep disordered breathing/ or Obstructive sleep apnea.mp or (Sleep adj3 Apn?ea*).mp. or hypopn?ea*.mp. or OSA.mp. or OSAHS.mp. or SAHS.mp.	113773	107159	134823	O (OSA)
2	positive end expiratory pressure/ or continuous positive airway pressure/ or CPAP.mp or autoset.mp. or Auto-CPAP.mp. or APAP.mp. or auto-adjusting.mp. or fix* pressure.mp. or exp positive pressure ventilation/ or NCPAP.mp.	85673	90818	101048	
3	Mandibular Advancement/ or Mandibular Advancement device*.mp. or Mandibular Advancement splint*.mp. or oral appliance*.mp. or mandibular repositioning appliance*.mp. or mandibular repositioning splint*.mp. or tongue*.mp.	91570	95350	103667	
4	(Positional appliance* or Positional therap*).mp. or exp body position/ or position*.mp. or postur*.mp. or supine*.mp. or Patient Positioning/	1079348	1124996	1205625	
5	(Medication* or Drug* or Pharmaceutical or progesterone or progestogen or medroxy* or tricyclic anti depressant* or protriptyline or amitriptyline or imipramine or ssri or fluoxetine or clonidine or modafinil or stimulant* or Buspirone or doxapram or dopram or naloxone or narcan or opiod antagonist* or nicotin* or ACE inhibitor* or ACE-inhibitor* or cilazapril or captopril or enalapril or fosinopril or imidapril or lisinopril or perindopril or quinapril or ramipril ortrandolapril or anti hypertensive* or anti-hypertensive* or antihypertensive* or baclofen or mirtazapine or steroid*).mp. or *steroid/ or fluticasone.mp.	14479931	15105484	16285007	
6	Hypoglossal Nerve/ or Hypoglossal nerve stimulation.mp. or implanted nerve stimulation electrodes/ or Surgery/ or Surgical.mp. or Nasal reconstruction.mp. or Pharyngeal surgeries.mp. or uvulopharyngopalatoplasty.mp. or UPPP.mp. or uvpp.mp. or upp.mp. or palatoplasty.mp. or pharyngoplasty.mp. or palatopharyngoplasty.mp. or ppp.mp. or uvulopalatoplasty.mp. or laup.mp. or neurostimulation.mp. or electrical stimulation.mp. or upper airway muscles.mp. or genioglossus stimulation.mp. or tracheostomy.mp. or mini-tracheostomy.mp. or genioglossal advancement.mp. or maxillomandibular advancement.mp. or maxillomandibular osteotomy.mp. or maxillary advancement.mp. or maxillary osteotomy/ or mandibular osteotomy/ or intrapalatine resection.mp. or tongue volume reduction.mp. or inferior sagittal osteotomy.mp. or hyoid bone suspension.mp. or hyoid suspension.mp. or hyoid myotomy.mp. or septoplasty.mp. or polypectomy.mp. or adenoidectomy/ or tonsillectomy/ or adenotonsillectomy.mp. or maxillo-facial.mp.	2800249	2948882	3263038	
7	Herbal Medicine/ or Chinese herb/ or Chinese medicinal formula/ or Chinese medicine/ or Chinese drug/ or herbal medicine/ or Chinese medicine/ or traditional medicine/ or alternative medicine/ or complementary medicine.mp. or alternative therap*.mp.	190021	203860	225337	
8	Exercise/ or Lifestyle/ or body weight Loss/ or (Weight* or exerc* or smok* or nicotine or cannabis or coffee or caffeine*).mp. or caffeine/ or alcohol*.mp. or diet*.mp. or depriv*.mp. or restrict*.mp. or sleep hygien*.mp. or muscle training/ or Isotonic exercise/ or Oropharyngeal exercise*.mp. or mouth exercise*.mp. or throat exercise*.mp.	5836036	6123500	6605895	
9	East Asian People/ or Chinese.mp or China.mp or Singapor*.mp or Malaysia*.mp or Taiwan*.mp or Hong Kong.mp or American, Chinese/	945117	1027038	1152369	C (Chinese)
10	exp Attitude to Health/ or treatment refusal/ or patient dropout or patient compliance/ or patient engagement/ or patient satisfaction/ or patient autonomy or exp Health care access/ or exp Health Behavior/ or exp Health Education/ or exp Motivation/ or self concept/ or Self care/ or Culture.mp. or Religion/ or Awareness/ or Decision Making/ or factors.mp. or predictors.mp. or determinants.mp. or Help-seeking.mp. or help seeking.mp. or help seeking behavior/ or health belie*.mp. or health perception*.mp. or support.mp. or cognitive*.mp. or behavio?r*.mp. or attitude*.mp. or access*.mp. or education*.mp. or motivation*.mp. or cultur*.mp. or compliance.mp.	12235327	12858429	13864836	
11	Therapy/ or treatment.mp	9648387	10135248	11126652	
12	Adherence.mp or engagement.mp	402665	436419	503946	
13	2 or 3 or 4 or 5 or 6 or 7 or 8 or 11	23747730	24776122	26711372	T (All treatments)
14	10 or 12	12357604	12988116	14001503	B (Behavioral)
15	1 and 9 and 13 and 14	697	673	951	
16	limit 13 to (human and (adult <18 to 64 years> or aged <65+ years>))	420	418	596	All 4
17	Limit 16 to yr="2023 - 2024"	N/A	25	N/A	
18	Limit 16 to yr="2024 - 2025"	N/A	N/A	105	

	Search Terms	Results 2023	Results 2024	Results 2025	Theme
1	exp Obstructive Sleep Apnea/ or exp Sleep Apnea/ or sleep disordered breathing.mp. or (Sleep adj3 Apn?ea*).mp. or hypopn?ea*.mp. or OSA.mp. or OSAHS.mp. or SAHS.mp.	7030	7360	7812	O (OSA)
2	Continuous Positive Airway Pressure/ or CPAP.mp. or autoset.mp. or Auto-CPAP.mp. or APAP.mp. or auto-adjusting.mp. or fix* pressure.mp. or exp positive-pressure respiration/ or NCPAP.mp.	967	1002	1049	
3	Mandibular Advancement device*.mp. or Mandibular Advancement splint*.mp. or oral appliance*.mp. or mandibular repositioning appliance*.mp. or mandibular repositioning splint*.mp. or tongue*.mp.	7210	7343	7531	
4	(Positional appliance* or Positional therap*).mp. or exp posture/ or position*.mp. or postur*.mp. or supine*.mp. or Patient Positioning.mp.	170089	175686	182444	
5	Medication/ or Drug*.mp. or Pharmaceutical.mp. or progesterone.mp. or progestogen.mp. or medroxy*.mp. or tricyclic anti depressant*.mp. or protriptyline.mp. or amitriptyline.mp. or imipramine.mp. or ssri.mp. or fluoxetine.mp. or clonidine.mp. or modafinil.mp. or stimulant*.mp. or Buspirone.mp. or doxapram.mp. or dopram.mp. or naloxone.mp. or narcan.mp. or opioid antagonist*.mp. or nicotin*.mp. or ACE inhibitor*.mp. or ACE-inhibitor*.mp. or cilazapril.mp. or captopril.mp. or enalapril.mp. or fosinopril.mp. or imidapril.mp. or lisinopril.mp. or perindopril.mp. or quinapril.mp. or ramipril.mp. ortrandolapril.mp. or anti hypertensive*.mp. or anti-hypertensive*.mp. or antihypertensive*.mp. or baclofen.mp. or mirtazapine.mp. or steroid*.mp. or *steroid/ or fluticasone.mp.	485679	498758	513118	
6	Hypoglossal Nerve/ or Hypoglossal nerve stimulation.mp. or implanted nerve stimulation electrodes/ or Surgery/ or Surgical.mp. or Nasal reconstruction.mp. or Pharyngeal surgeries.mp. or uvulopharyngopalatoplasty.mp. or UPPP.mp. or uvpp.mp. or upp.mp. or palatoplasty.mp. or pharyngoplasty.mp. or palatopharyngoplasty.mp. or ppp.mp. or uvulopalatoplasty.mp. or laup.mp. or neurostimulation.mp. or electrical stimulation.mp. or upper airway muscles.mp. or genioglossus stimulation.mp. or tracheostomy.mp. or mini-tracheostomy.mp. or genioglossal advancement.mp. or maxillomandibular advancement.mp. or maxillomandibular osteotomy.mp. or maxillary advancement.mp. or maxillary osteotomy/ or mandibular osteotomy/ or intrapalatine resection.mp. or tongue volume reduction.mp. or inferior sagittal osteotomy.mp. or hyoid bone suspension.mp. or hyoid suspension.mp. or hyoid myotomy.mp. or septoplasty.mp. or polypectomy.mp. or adenoidectomy/ or tonsillectomy/ or adenotonsillectomy.mp. or maxillo-facial.mp.	49043	50631	52425	
7	Alternative Medicine/ or "Medicinal Herbs and Plants"/ or herbal medicine.mp. or Chinese Traditional Medicine.mp. or complementary medicine.mp. or alternative therap*.mp.	9606	9912	10314	
8	Exercise/ or Lifestyle/ or Weight Loss/ or (Weight* or exerc* or smok* or nicotine or cannabis or coffee or caffein*).mp. or caffeine/ or alcohol*.mp. or diet*.mp. or depriv*.mp. or restrict*.mp. or sleep hygien*.mp. or Myofunctional Therapy.mp. or Isotonic Contraction.mp. or Oropharyngeal exercise*.mp. or mouth exercise*.mp. or throat exercise*.mp.	583163	605379	630501	
9	Chinese Cultural Groups/ or Southeast Asian Cultural Groups/ or South East Asian Cultural Groups/ or Asian Americans/ or Asians/ or Chinese.mp or China.mp or Singapor*.mp or Malaysia*.mp or Taiwan*.mp or Hong Kong.mp or American, Chinese/	125148	135290	149017	C (Chinese)
10	exp Health attitudes/ or Treatment Seeking Behavior/ or Treatment Dropouts/ or Treatment Refusal or Treatment Termination/ or Patient Dropouts/ or Treatment Compliance/ or Patient Adherence/ or Patient Satisfaction/ or exp Health care access/ or exp Health Behavior/ or exp Health Education/ or health literacy or exp Motivation/ or self-efficacy/ or Self-Management/ or Self-care/ or Culture factors/ or Religion.mp. or Awareness/ or Decision Making/ or factors.mp. or predictors.mp. or determinants.mp. or help seeking behavior or help seeking.mp. or help-seeking.mp. or health belie*.mp. or Health Belief Model/ or health perception*.mp. or support.mp. or cognitive*.mp. or behavior?r*.mp. or attitude*.mp. or access*.mp. or education*.mp. or motivation*.mp. or cultur*.mp. or compliance.mp.	3604393	3741379	3902796	
11	Treatment/ or therapy.mp.	538217	553744	571366	
12	Adherence.mp or engagement.mp.	135705	146928	161265	
13	2 or 3 or 4 or 5 or 6 or 7 or 8 or 11	1424338	1470261	1523281	T (All treatments)
14	10 or 12	3624217	3762438	3925455	B (Behavioral)
15	1 and 9 and 13 and 14	34	38	44	
16	limit 13 to (human and "adulthood <age 18 yrs and older>")	22	24	28	All 4
17	Limit 16 to yr="2023 - 2024"	N/A	2	N/A	
18	Limit 16 to yr="2024 - 2025"	N/A	N/A	3	

Search Terms	Results 2023	Results 2024	Results 2025	Theme
1 TITLE-ABS-KEY ("Obstructive Sleep Apnea") OR TITLE-ABS-KEY ("Sleep Apnea Syndrome") OR TITLE-ABS-KEY ("sleep disordered breathing") OR TITLE-ABS-KEY (sleep W/3 apn?ea") OR TITLE-ABS-KEY (hypopn?ea") OR TITLE-ABS-KEY ("OSA") OR TITLE-ABS-KEY (osahs) OR TITLE-ABS-KEY (sahs)	127350	133254	140893	O (OSA)
2 TITLE-ABS-KEY ("Continuous Positive Airway Pressure") OR TITLE-ABS-KEY (cpap) OR TITLE-ABS-KEY (autoset) OR TITLE-ABS-KEY ("Auto-CPAP") OR TITLE-ABS-KEY (apap) OR TITLE-ABS-KEY ("auto-adjusting") OR TITLE-ABS-KEY ("fix" pressure") OR TITLE-ABS-KEY ("positive-pressure respiration") OR TITLE-ABS-KEY (ncpap)	42154	44639	47432	
3 TITLE-ABS-KEY ("Mandibular Advancement") OR TITLE-ABS-KEY ("Mandibular Advancement device") OR TITLE-ABS-KEY ("Mandibular Advancement splint") OR TITLE-ABS-KEY ("oral appliance") OR TITLE-ABS-KEY ("mandibular repositioning appliance") OR TITLE-ABS-KEY ("mandibular repositioning splint") OR TITLE-ABS-KEY (tongue")	106664	111897	118460	
4 TITLE-ABS-KEY ("Positional appliance") OR TITLE-ABS-KEY ("Positional therap") OR TITLE-ABS-KEY (posture) OR TITLE-ABS-KEY (position") OR TITLE-ABS-KEY (postur") OR TITLE-ABS-KEY (supine") OR TITLE-ABS-KEY ("Patient Positioning")	2553094	2694209	2878789	
5 TITLE-ABS-KEY (medication") OR TITLE-ABS-KEY (drug") OR TITLE-ABS-KEY (pharmaceutical) OR TITLE-ABS-KEY (progesterone) OR TITLE-ABS-KEY (progestogen) OR TITLE-ABS-KEY (medroxy") OR TITLE-ABS-KEY ("tricyclic anti-depressant") OR TITLE-ABS-KEY ("tricyclic anti depressant") OR TITLE-ABS-KEY (protriptyline) OR TITLE-ABS-KEY (amitriptyline) OR TITLE-ABS-KEY (imipramine) OR TITLE-ABS-KEY (ssri) OR TITLE-ABS-KEY (fluoxetine) OR TITLE-ABS-KEY (clonidine) OR TITLE-ABS-KEY (modafinil) OR (stimulant") OR TITLE-ABS-KEY (bupropion) OR TITLE-ABS-KEY (doxapram) OR TITLE-ABS-KEY (dopram) OR TITLE-ABS-KEY (naloxone) OR TITLE-ABS-KEY (narcan) OR TITLE-ABS-KEY ("opiod antagonist") OR TITLE-ABS-KEY (nicotin") OR TITLE-ABS-KEY ("ACE inhibitor") OR TITLE-ABS-KEY ("ACE-inhibitor") OR TITLE-ABS-KEY (cilazapril) OR TITLE-ABS-KEY (captopril) OR TITLE-ABS-KEY (enalapril) OR TITLE-ABS-KEY (fosinopril) OR TITLE-ABS-KEY (imidapril) OR TITLE-ABS-KEY (lisinopril) OR TITLE-ABS-KEY (perindopril) OR TITLE-ABS-KEY (quinapril) OR TITLE-ABS-KEY (ramipril) OR TITLE-ABS-KEY (trandolapril) OR TITLE-ABS-KEY ("anti hypertensive") OR TITLE-ABS-KEY ("anti-hypertensive") OR TITLE-ABS-KEY (antihypertensive") OR TITLE-ABS-KEY (baclofen) OR TITLE-ABS-KEY (mirtazapine) OR TITLE-ABS-KEY (steroid") OR TITLE-ABS-KEY ("steroid") OR TITLE-ABS-KEY (fluticasone)	10825512	11247323	11873575	
6 TITLE-ABS-KEY ("Hypoglossal Nerve") OR TITLE-ABS-KEY ("Hypoglossal nerve stimulation") OR TITLE-ABS-KEY ("implanted nerve stimulation electrodes") OR TITLE-ABS-KEY (surgery) OR TITLE-ABS-KEY (surgical) OR TITLE-ABS-KEY ("Nasal reconstruction") OR TITLE-ABS-KEY ("Pharyngeal surgeries") OR TITLE-ABS-KEY (uvulopharyngopalatoplasty) OR title-abs-key OR (uppp) OR TITLE-ABS-KEY (uvpp) OR TITLE-ABS-KEY (upp) OR TITLE-ABS-KEY (palatoplasty) OR TITLE-ABS-KEY (pharyngoplasty) OR TITLE-ABS-KEY (palatopharyngoplasty) OR TITLE-ABS-KEY (ppp) OR TITLE-ABS-KEY (uvulopalatoplasty) OR TITLE-ABS-KEY (laup) OR TITLE-ABS-KEY (neurostimulation) OR TITLE-ABS-KEY ("electrical stimulation") OR TITLE-ABS-KEY ("upper airway muscles") OR TITLE-ABS-KEY ("genioglossus stimulation") OR TITLE-ABS-KEY (tracheostomy) OR TITLE-ABS-KEY ("mini-tracheostomy") OR TITLE-ABS-KEY ("genioglossal advancement") OR TITLE-ABS-KEY ("maxillomandibular advancement") OR TITLE-ABS-KEY ("maxillomandibular osteotomy") OR TITLE-ABS-KEY ("maxillary advancement") OR TITLE-ABS-KEY ("maxillary osteotomy") OR TITLE-ABS-KEY ("intrapalatine resection") OR TITLE-ABS-KEY ("tongue volume reduction") OR TITLE-ABS-KEY ("inferior sagittal osteotomy") OR TITLE-ABS-KEY ("hyoid bone suspension") OR TITLE-ABS-KEY ("hyoid suspension") OR TITLE-ABS-KEY ("hyoid myotomy") OR TITLE-ABS-KEY (septoplasty) OR TITLE-ABS-KEY (polypectomy) OR TITLE-ABS-KEY (adenoidectomy) OR TITLE-ABS-KEY (tonsillectomy) OR TITLE-ABS-KEY (adenotonsillectomy) OR TITLE-ABS-KEY (maxillo-facial)	3755619	3931216	4180096	
7 TITLE-ABS-KEY ("Herbal Medicine") OR TITLE-ABS-KEY ("Herbal Drugs") OR TITLE-ABS-KEY ("Chinese Herbal") OR TITLE-ABS-KEY ("Chinese Traditional Medicine") OR TITLE-ABS-KEY ("Complementary Therap") OR TITLE-ABS-KEY ("complementary medicine") OR TITLE-ABS-KEY ("alternative therap")	141435	149838	163112	
8 TITLE-ABS-KEY (Exercise) OR TITLE-ABS-KEY ("Life Style") OR TITLE-ABS-KEY (Lifestyle) OR TITLE-ABS-KEY ("Weight Loss") OR TITLE-ABS-KEY (Weight") OR TITLE-ABS-KEY (exerc") OR TITLE-ABS-KEY (smok") OR TITLE-ABS-KEY (nicotine) OR TITLE-ABS-KEY (cannabis) OR TITLE-ABS-KEY (coffee) OR TITLE-ABS-KEY ("alcohol") OR TITLE-ABS-KEY (diet") OR TITLE-ABS-KEY (depriv") OR TITLE-ABS-KEY (restrict") OR TITLE-ABS-KEY ("sleep hygien") OR TITLE-ABS-KEY ("Myofunctional Therapy") OR TITLE-ABS-KEY ("Isotonic Contraction") OR TITLE-ABS-KEY ("Oropharyngeal exercise") OR TITLE-ABS-KEY ("mouth exercise") OR TITLE-ABS-KEY ("throat exercise")	8191654	8630745	9205521	
9 TITLE-ABS-KEY ("East Asian") OR TITLE-ABS-KEY (chinese) OR TITLE-ABS-KEY (china) OR TITLE-ABS-KEY (singapor") OR TITLE-ABS-KEY (malaysia") OR TITLE-ABS-KEY (taiwan") OR TITLE-ABS-KEY ("Hong Kong") OR TITLE-ABS-KEY (american W/2 chinese)	2188613	2378270	2636826	C (Chinese)
10 TITLE-ABS-KEY (attitude W/2 health) OR TITLE-ABS-KEY (health" W/2 access") OR TITLE-ABS-KEY ("Health Behavio?r") / OR TITLE-ABS-KEY ("Health Education") OR TITLE-ABS-KEY (motivation) OR TITLE-ABS-KEY ("self efficacy") OR TITLE-ABS-KEY ("self-efficacy") OR TITLE-ABS-KEY ("Self-Management") OR TITLE-ABS-KEY ("Self Management") OR TITLE-ABS-KEY ("Self care") OR TITLE-ABS-KEY ("Self-care") OR TITLE-ABS-KEY (cultur") OR TITLE-ABS-KEY (religion) OR TITLE-ABS-KEY (awareness) OR TITLE-ABS-KEY ("Decision Making") OR TITLE-ABS-KEY (factors) OR TITLE-ABS-KEY (predictors) OR TITLE-ABS-KEY (determinants) OR TITLE-ABS-KEY ("Help-seeking") OR TITLE-ABS-KEY ("help seeking") OR TITLE-ABS-KEY ("health belie") . OR TITLE-ABS-KEY ("health perception") OR TITLE-ABS-KEY (support) OR TITLE-ABS-KEY (cognitive") OR TITLE-ABS-KEY (refusal) OR TITLE-ABS-KEY (dropout) OR TITLE-ABS-KEY (acceptance) OR TITLE-ABS-KEY (satisfaction) OR TITLE-ABS-KEY (compliance) OR TITLE-ABS-KEY (knowledge) OR TITLE-ABS-KEY ("health literacy") OR TITLE-ABS-KEY (behavio?r") OR TITLE-ABS-KEY (attitude") OR TITLE-ABS-KEY (access") OR TITLE-ABS-KEY (education")	4411175	4691710	5842316	
11 TITLE-ABS-KEY (treatment) OR TITLE-ABS-KEY(therapy)	12382469	13004237	13904830	
12 TITLE-ABS-KEY (Adherence) OR TITLE-ABS-KEY(engagement)	586078	645318	743545	
13 2 or 3 or 4 or 5 or 6 or 7 or 8 or 11(TITLE-ABS-KEY ("Continuous Positive Airway Pressure") OR TITLE-ABS-KEY (cpap) OR TITLE-ABS-KEY (autoset) OR TITLE-ABS-KEY ("Auto-CPAP") OR TITLE-ABS-KEY (apap) OR TITLE-ABS-KEY ("auto-adjusting") OR TITLE-ABS-KEY ("fix" pressure") OR TITLE-ABS-KEY ("positive-pressure respiration") OR TITLE-ABS-KEY (ncpap)) OR (TITLE-ABS-KEY ("Mandibular Advancement") OR TITLE-ABS-KEY ("Mandibular Advancement device") OR TITLE-ABS-KEY ("Mandibular Advancement splint") OR TITLE-ABS-KEY ("oral appliance") OR TITLE-ABS-KEY ("mandibular repositioning appliance") OR TITLE-ABS-KEY ("mandibular repositioning splint") OR TITLE-ABS-KEY (tongue") OR (TITLE-ABS-KEY ("Positional appliance") OR TITLE-ABS-KEY ("Positional therap") OR TITLE-ABS-KEY (posture) OR TITLE-ABS-KEY (position") OR TITLE-ABS-KEY (postur") OR TITLE-ABS-KEY (supine") OR TITLE-ABS-KEY ("Patient Positioning")) OR (TITLE-ABS-KEY (medication") OR TITLE-ABS-KEY (drug") OR TITLE-ABS-KEY (pharmaceutical) OR TITLE-ABS-KEY (progesterone) OR TITLE-ABS-KEY (progestogen) OR TITLE-ABS-KEY (medroxy") OR TITLE-ABS-KEY ("tricyclic anti-depressant") OR TITLE-ABS-KEY ("tricyclic anti depressant") OR TITLE-ABS-KEY (protriptyline) OR TITLE-ABS-KEY (amitriptyline) OR TITLE-ABS-KEY (imipramine) OR TITLE-ABS-KEY (fluoxetine) OR TITLE-ABS-KEY (clonidine) OR TITLE-ABS-KEY (modafinil) OR (stimulant") OR TITLE-ABS-KEY (bupropion) OR TITLE-ABS-KEY (doxapram) OR TITLE-ABS-KEY (dopram) OR TITLE-ABS-KEY (naloxone) OR TITLE-ABS-KEY (narcan) OR TITLE-ABS-KEY ("opiod antagonist") OR TITLE-ABS-KEY (nicotin") OR TITLE-ABS-KEY ("ACE inhibitor") OR TITLE-ABS-KEY ("ACE-inhibitor") OR TITLE-ABS-KEY (cilazapril) OR TITLE-ABS-KEY (captopril) OR TITLE-ABS-KEY (enalapril) OR TITLE-ABS-KEY (fosinopril) OR TITLE-ABS-KEY (imidapril) OR TITLE-ABS-KEY (lisinopril) OR TITLE-ABS-KEY (perindopril) OR TITLE-ABS-KEY (quinapril) OR TITLE-ABS-KEY (ramipril) OR TITLE-ABS-KEY (trandolapril) OR TITLE-ABS-KEY ("anti hypertensive") OR TITLE-ABS-KEY ("anti-hypertensive") OR TITLE-ABS-KEY (antihypertensive") OR TITLE-ABS-KEY (baclofen) OR TITLE-ABS-KEY (mirtazapine) OR TITLE-ABS-KEY (steroid") OR TITLE-ABS-KEY ("steroid") OR TITLE-ABS-KEY (fluticasone)) OR (TITLE-ABS-KEY ("Hypoglossal Nerve") OR TITLE-ABS-KEY ("Hypoglossal nerve stimulation") OR TITLE-ABS-KEY ("implanted nerve stimulation electrodes") OR TITLE-ABS-KEY (surgical) OR TITLE-ABS-KEY ("Nasal reconstruction") OR TITLE-ABS-KEY ("Pharyngeal surgeries") OR TITLE-ABS-KEY (uvulopharyngopalatoplasty) OR title-abs-key OR (uppp) OR TITLE-ABS-KEY (uvpp) OR TITLE-ABS-KEY (upp) OR TITLE-ABS-KEY (palatoplasty) OR TITLE-ABS-KEY (pharyngoplasty) OR TITLE-ABS-KEY (palatopharyngoplasty) OR TITLE-ABS-KEY (ppp) OR TITLE-ABS-KEY (uvulopalatoplasty) OR TITLE-ABS-KEY (laup) OR TITLE-ABS-KEY (neurostimulation) OR TITLE-ABS-KEY ("electrical stimulation") OR TITLE-ABS-KEY ("upper airway muscles") OR TITLE-ABS-KEY ("genioglossus stimulation") OR TITLE-ABS-KEY (tracheostomy) OR TITLE-ABS-KEY ("mini-tracheostomy") OR TITLE-ABS-KEY ("genioglossal advancement") OR TITLE-ABS-KEY ("maxillomandibular advancement") OR TITLE-ABS-KEY ("maxillomandibular osteotomy") OR TITLE-ABS-KEY ("maxillary advancement") OR TITLE-ABS-KEY ("maxillary osteotomy") OR TITLE-ABS-KEY ("mandibular osteotomy") OR TITLE-ABS-KEY ("intrapalatine resection") OR TITLE-ABS-KEY ("tongue volume reduction") OR TITLE-ABS-KEY ("inferior sagittal osteotomy") OR TITLE-ABS-KEY ("hyoid bone suspension") OR TITLE-ABS-KEY ("hyoid myotomy") OR TITLE-ABS-KEY ("hyoid suspension") OR TITLE-ABS-KEY (septoplasty) OR TITLE-ABS-KEY (polypectomy) OR TITLE-ABS-KEY (adenoidectomy) OR TITLE-ABS-KEY (tonsillectomy) OR TITLE-ABS-KEY (adenotonsillectomy) OR TITLE-ABS-KEY (maxillo-facial)) OR (TITLE-ABS-KEY ("Herbal Medicine") OR TITLE-ABS-KEY ("Herbal Drugs") OR TITLE-ABS-KEY ("Chinese Herbal") OR TITLE-ABS-KEY ("Chinese Traditional Medicine") OR TITLE-ABS-KEY ("Complementary Therap") OR TITLE-ABS-KEY ("complementary medicine") OR TITLE-ABS-KEY ("alternative therap"))) OR (TITLE-ABS-KEY (exercise) OR TITLE-ABS-KEY ("Life Style") OR TITLE-ABS-KEY (lifestyle) OR TITLE-ABS-KEY ("Weight Loss") OR TITLE-ABS-KEY (weight") OR TITLE-ABS-KEY (exerc") OR TITLE-ABS-KEY (smok") OR TITLE-ABS-KEY (nicotine) OR TITLE-ABS-KEY (cannabis) OR TITLE-ABS-KEY (coffee) OR TITLE-ABS-KEY ("alcohol") OR TITLE-ABS-KEY (diet") OR TITLE-ABS-KEY (depriv") OR TITLE-ABS-KEY (restrict") OR TITLE-ABS-KEY ("sleep hygien") OR TITLE-ABS-KEY ("Myofunctional Therapy") OR TITLE-ABS-KEY ("Isotonic Contraction") OR TITLE-ABS-KEY ("Oropharyngeal exercise") OR TITLE-ABS-KEY ("mouth exercise") OR TITLE-ABS-KEY ("throat exercise")) OR (TITLE-ABS-KEY (treatment) OR TITLE-ABS-KEY (therapy))	27654131	28955351	30722307	T (All treatments)
14 10 or 12(TITLE-ABS-KEY (adherence) OR TITLE-ABS-KEY (engagement)) OR (TITLE-ABS-KEY (attitude W/2 health) OR TITLE-ABS-KEY (health" W/2 access") OR TITLE-ABS-KEY ("Health Behavio?r") / OR TITLE-ABS-KEY ("Health Education") OR TITLE-ABS-KEY (motivation) OR TITLE-ABS-KEY ("self efficacy") OR TITLE-ABS-KEY ("self-efficacy") OR TITLE-ABS-KEY ("Self-Management") OR TITLE-ABS-KEY ("Self Management") OR TITLE-ABS-KEY ("Self care") OR TITLE-ABS-KEY ("Self-care") OR TITLE-ABS-KEY (cultur") OR TITLE-ABS-KEY (religion) OR TITLE-ABS-KEY (awareness) OR TITLE-ABS-KEY ("Decision Making") OR TITLE-ABS-KEY (factors) OR TITLE-ABS-KEY (predictors) OR TITLE-ABS-KEY (determinants) OR TITLE-ABS-KEY ("Help-seeking") OR TITLE-ABS-KEY ("help seeking") OR TITLE-ABS-KEY ("health belie") . OR TITLE-ABS-KEY ("health perception") OR TITLE-ABS-KEY (support) OR TITLE-ABS-KEY (cognitive") OR TITLE-ABS-KEY (refusal) OR TITLE-ABS-KEY (dropout) OR TITLE-ABS-KEY (acceptance) OR TITLE-ABS-KEY (satisfaction) OR TITLE-ABS-KEY (compliance) OR TITLE-ABS-KEY (knowledge) OR TITLE-ABS-KEY ("health literacy") OR TITLE-ABS-KEY (behavio?r") OR TITLE-ABS-KEY (attitude") OR TITLE-ABS-KEY (access") OR TITLE-ABS-KEY (education"))	4829591	5151137	6354792	B (Behavioral)
15 1 and 9 and 13 and 14(TITLE-ABS-KEY ("Obstructive Sleep Apnea") OR TITLE-ABS-KEY ("Sleep Apnea Syndrome") OR TITLE-ABS-KEY ("sleep disordered breathing") OR TITLE-ABS-KEY (sleep W/3 apn?ea") OR TITLE-ABS-KEY (hypopn?ea") OR TITLE-ABS-KEY ("OSA") OR TITLE-ABS-KEY (osahs) OR TITLE-ABS-KEY (sahs)) AND (TITLE-ABS-KEY ("East Asian") OR TITLE-ABS-KEY (chinese) OR TITLE-ABS-KEY (china) OR TITLE-ABS-KEY (singapor") OR TITLE-ABS-KEY (malaysia") OR TITLE-ABS-KEY (taiwan") OR TITLE-ABS-KEY ("Hong Kong") OR TITLE-ABS-KEY (american W/2 chinese)) AND ((TITLE-ABS-KEY ("Continuous Positive Airway Pressure") OR TITLE-ABS-KEY (cpap) OR TITLE-ABS-KEY (autoset) OR TITLE-ABS-KEY ("Auto-CPAP") OR TITLE-ABS-KEY (apap) OR TITLE-ABS-KEY ("auto-adjusting") OR TITLE-ABS-KEY ("fix" pressure") OR TITLE-ABS-KEY ("positive-pressure respiration") OR TITLE-ABS-KEY (ncpap)) OR (TITLE-ABS-KEY ("Mandibular Advancement") OR TITLE-ABS-KEY ("Mandibular Advancement device") OR TITLE-ABS-KEY ("Mandibular Advancement 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16 limit 13 to (human and Article)	130	143	209	All 4
17 Limit 16 to year range 2023-2024	N/A	25	N/A	
18 Limit 16 to year range 2024-2025	N/A	N/A	45	

	Search Terms	Results 2023	Results 2024	Results 2025	Theme
1	(MH "Sleep Apnea, Obstructive") OR (MH "Sleep Apnea Syndromes+") OR "sleep disordered breathing" or Sleep N3 Apn?ea* or hypopn?ea* or OSA or OSAHS or SAHS	21919	20996	21652	O (OSA)
2	(MH "Continuous Positive Airway Pressure") OR (MH "Positive Pressure Ventilation+") OR (MH "Positive End-Expiratory Pressure") OR autoaset or Auto-CPAP or APAP or auto-adjusting or "fix* pressure" or NCPAP	16122	16122	16519	
3	"Mandibular Advancement device*" or "Mandibular Advancement splint*" or "oral appliance*" or "mandibular repositioning appliance*" or "mandibular repositioning splint*" or tongue*	12068	12084	12698	
4	(MH "Positioning Therapy (Saba CCC)") OR "positional therapy in obstructive sleep apnea" or (MH "Patient Positioning+") or "Positional appliance*" or "Positional therap*" or (MH "Posture+") or position* or postur*	160101	160667	168026	
5	(MH "Medication Treatment (Saba CCC)") OR "medication" or (MH "Drugs+") or "pharmaceutical" or progesterone or progestogen or medroxy* or "tricyclic anti depressant*" or protriptyline or amitriptyline or imipramine or ssri or fluoxetine or clonidine or modafinil or stimulant* or Buspirone or doxapram or dopram or naloxone or narcan or "opiod antagonist*" or nicotin* or "ACE inhibitor*" or "ACE-inhibitor*" or cilazapril or captopril or enalapril or fosinopril or imidapril or lisinopril or perindopril or quinapril or ramipril ortrandolapril or "anti hypertensive*" or "anti-hypertensive*" or antihypertensive* or baclofen or mirtazapine or steroid* or *steroid or fluticasone	406673	407392	461171	
6	"Hypoglossal Nerve" or "Hypoglossal nerve stimulation" or "implanted nerve stimulation electrodes" or "Surgery" or "Surgical" or "Nasal reconstruction" or "Pharyngeal surgeries" or "uvulopharyngopalatoplasty" or "UPPP" or "uvpp" or "upp" or "palatoplasty" or "pharyngoplasty" or "palatopharyngoplasty" or "ppp" or "uvulopalatoplasty" or "laup" or "neurostimulation" or "electrical stimulation" or "upper airway muscles" or "genioglossus stimulation" or "tracheostomy" or "mini-tracheostomy" or "genioglossal advancement" or "maxillomandibular advancement" or "maxillomandibular osteotomy" or "maxillary advancement" or "maxillary osteotomy" or "mandibular osteotomy" or "intrapalatine resection" or "tongue volume reduction" or "inferior sagittal osteotomy" or "hyoid bone suspension" or "hyoid suspension" or "hyoid myotomy" or "septoplasty" or "polypectomy" or "adenoidectomy" or "tonsillectomy" or "adenotonsillectomy" or "maxillo-facial"	776907	785610	809404	
7	(MH "Medicine, Herbal+") OR (MH "Drugs, Chinese Herbal") or (MH "Medicine, Chinese Traditional+") OR (MH "Medicine, East Asian Traditional+") or (MH "Alternative Therapies+") or "Complementary Therap*" or "complementary medicine" or "alternative therap**"	278932	283609	289269	
8	(MH "Exercise+") or (MH "Life Style Changes") OR (MH "Life Style+") or (MH "Weight Loss+") OR (MH "Weight Reduction Programs") or (MH "Isotonic Contraction+") or Weight* or exerc* or smok* or nicotine or cannabis or coffee or caffeine* or caffeine or alcohol* or diet* or depriv* or restrict* or sleep hygien* or "Myofunctional Therapy" or "Oropharyngeal exercise*" or "mouth exercise*" or "throat exercise**"	1228663	1255358	1316204	
9	(MH "Chinese") or (MH "China+") OR (MH "Taiwan") OR (MH "Hong Kong") OR (MH "Asia, Southeastern+") or "Malaysia" or (MH "Singapore") or American N2 Chinese or "East Asian" or Singapor* or Malaysia* or Taiwan* or "Hong Kong"	152806	156585	169426	C (Chinese)
10	(MH "Attitude to Health+") or (MH "Health Services Accessibility+") or (MH "Social Determinants of Health") or (MH "Health Behavior+") or (MH "Health Education+") or (MH "Health Knowledge") OR (MH "Health Literacy") or (MH "Motivation") or (MH "self-efficacy") or (MH "Self-Management") or (MH "Self care") or (MH "Culture+") OR (MH "Religion and Religions+") or (MH "Cognition") or (MH "Decision Making") or factors or predictors or determinants or "Help-seeking" or (MH "help seeking behavior") OR (MH "Health Seeking Behavior (Iowa NOC)") or (MH "Health Beliefs") OR (MH "Health Belief Model") or "health belie*" or "health perception" or support or cognitive* or (MH "Treatment Withdrawal") OR (MH "Treatment Outcomes+") OR (MH "Treatment Refusal+") OR (MH "Attitude to Medical Treatment") OR (MH "Treatment Termination") OR (MH "Treatment Failure") or behavio?r* or attitude* or access* or education* or motivation* or cultur* or compliance	3758919	3878550	4057001	
11	Treatment or therapy	2304927	2333303	2411272	
12	Adherence or engagement	135876	140241	146388	
13	2 or 3 or 4 or 5 or 6 or 7 or 8 or 11	3773797	3832788	3981715	T (All treatments)
14	10 or 12	3783583	3902842	4083833	B (Behavioral)
15	1 and 9 and 13 and 14	157	153	163	
16	limit 13 to (all adult)	108	105	111	All 4
17	Limit 16 to year range 2023-2024	N/A	6	N/A	
18	Limit 16 to year range 2024-2025	N/A	N/A	9	

Appendix 2 PRISMA-S Checklist

Section/topic	#	Checklist item	Location(s) Reported
INFORMATION SOURCES AND METHODS			
Database name	1	Name each individual database searched, stating the platform for each.	Page 9 section 2.2 & <i>Figure 1</i>
Multi-database searching	2	If databases were searched simultaneously on a single platform, state the name of the platform, listing all of the databases searched.	Ovid
Study registries	3	List any study registries searched.	N/A
Online resources and browsing	4	Describe any online or print source purposefully searched or browsed (e.g., tables of contents, print conference proceedings, web sites), and how this was done.	N/A
Citation searching	5	Indicate whether cited references or citing references were examined, and describe any methods used for locating cited/citing references (e.g., browsing reference lists, using a citation index, setting up email alerts for references citing included studies).	Page 9 section 2.2
Contacts	6	Indicate whether additional studies or data were sought by contacting authors, experts, manufacturers, or others.	Page 10 Section 2.3
Other methods	7	Describe any additional information sources or search methods used.	<i>Figure 1</i>
SEARCH STRATEGIES			
Full search strategies	8	Include the search strategies for each database and information source, copied and pasted exactly as run.	Pages 7-8 Appendix 1
Limits and restrictions	9	Specify that no limits were used, or describe any limits or restrictions applied to a search (e.g., date or time period, language, study design) and provide justification for their use.	Page 9 section 2.2 & Appendix 1
Search filters	10	Indicate whether published search filters were used (as originally designed or modified), and if so, cite the filter(s) used.	Page 9 section 2.2 & Appendix 1
Prior work	11	Indicate when search strategies from other literature reviews were adapted or reused for a substantive part or all of the search, citing the previous review(s).	Page 9 section 2.2
Updates	12	Report the methods used to update the search(es) (e.g., rerunning searches, email alerts).	Page 10 Section 2.3
Dates of searches	13	For each search strategy, provide the date when the last search occurred.	Appendix 1
PEER REVIEW			
Peer review	14	Describe any search peer review process.	Page 10 Section 2.3
MANAGING RECORDS			
Total Records	15	Document the total number of records identified from each database and other information sources.	Page 10 Section 2.3 & <i>Figure 1</i>
Deduplication	16	Describe the processes and any software used to deduplicate records from multiple database searches and other information sources.	<i>Figure 1</i>

Table S1 A summary of the characteristics of the included studies (n=52)

Study	Country/region, language	Aim	Sample characteristics; sample size; male (%); age (mean/SD)	Study Setting	Mode of treatment	Study design, follow-up duration	Patient reported outcomes					
							Beliefs	Preference	Acceptance	Satisfaction	Symptoms	Adherence
Chai-Coetzer, et al. 2013 (55)	International, English	To determine the clinical variables that best predict long-term CPAP adherence among patients with cardiovascular disease who have OSA	n=225; Male 80%; 60.4/8.3; *data on Chinese patients	Cardiology and neurology clinics in the Sleep Apnea cardioVascular Endpoints (SAVE) study	CPAP	RCT; 1, 6, and 12 months					✓	✓
Chen, et al. 2018 (57)	China, Chinese	To investigate the treatment acceptance in patients with OSA and its influence factors.	n=480; Male (84.8%); 47.8/11.4	Hospital sleep centre	Treatment choice (CPAP; Surgical approach; Oral appliance, no treatment)	Cross sectional, N/A, cross sectional survey	✓		✓		✓	✓
Deng, et al. 2013 (74)	China, English	To evaluate the effectiveness of stage-matched intervention on adherence to CPAP in patients with OSA.	n=110; Male (80%); 49.2/12.08	Sleep laboratory at university hospital	CPAP	RCT, 1 & 3 months			✓	✓	✓	✓
Gobindram, et al. 2021 (49)	Singapore, English	To address the incidence of cardiopulmonary complications and the effectiveness of CPAP in minimising such complications within an obese population	n=1400; Male (64.9%); Mean age presented in 3 sub-groups (40.1, 49.4, 46.8)	Tertiary teaching hospital	CPAP	Cohort, CPAP therapy utilised at 1 day - 2 weeks prior to surgery until discharge			✓			✓
He and Lin 2021 (60)	China, English	To study the clinical effect of nasal cavity expansion in the treatment of OSA for OSA patients with nasal congestion, individualized nasal cavity expansion was performed.	n=43; Male (90.7%); 40.8/8.6;	Large hospital	CPAP before surgical approach (Nasal Cavity Expansion)	Single arm experimental, 3 months after the operation			✓		✓	✓
Hu, et al. 2021 (42)	Taiwan, English	To generate a descriptive theoretical framework for experiences among OSA patients undergoing CPAP therapy.	n=22; Male (81.8%); 37-68y, mean age not presented.	Outpatient clinic in a teaching hospital	CPAP	Qualitative interview, N/A, qualitative interview	✓				✓	✓
Huang, et al. 2018 (43)	Taiwan, English	To evaluate the influences of both gender and age on CPAP acceptance and compliance in Taiwanese OSA patients.	n=371; Male (75.5%); 61.5/12 (F); 55.9/13.6 (M);	Hospital sleep centre	CPAP	Cohort, Median follow-up duration presented in sub-groups (32, 16, 17, 18 months)			✓		✓	✓
Hui, et al. 2000 (28)	Hong Kong, English	To study the effect of augmentation of CPAP education and support on compliance and outcomes in patients with OSA.	n=108; Male (89.8%); 45/11;	University teaching hospital	CPAP	RCT, 1 & 3 months					✓	✓
Hui, et al. 2001 (29)	Hong Kong, English	To assess CPAP compliance and factors associated with CPAP compliance among Chinese patients with OSA	n=112; Male (90.2%); 45.6/11.2	University teaching hospital	CPAP	Single arm experimental, 1 & 3 months					✓	✓
Hui, et al. 2002 (30)	Hong Kong, English	To assess the prevalence of SDB, CPAP acceptance and CPAP compliance in patients who have experienced ischemic stroke.	n=51; Male (54.9%); 64.2/13.0;	University teaching hospital	CPAP	Case control, 1 & 3 months			✓		✓	✓
Hui, et al. 2006 (31)	Hong Kong, English	To evaluate factors which might predict the presence of SDB in larger cohort of commercial bus drivers in Hong Kong; and assessed nasal CPAP acceptance and compliance, subjective sleepiness, cognitive function and health status at baseline and 3 months after treatment among the bus drivers confirmed to have OSA.	n=1016; Male (95.6%); 45.3/7.5	Bus depot of a private commercial bus company at Kowloon Bay	CPAP	Cohort, 3 months	✓		✓		✓	✓
Jin, et al. 2012 (64)	China, English	To assess 5-year outcomes after combined uvulopalatopharyngoplasty (UPPP) and midline glossectomy surgery for the treatment of OSA.	n=34; Male (100%); 36.7/7.0;	University teaching hospital	Surgical approach (Combined UPPP) and Midline Glossectomy	Cohort, 5 years					✓	✓
Lai, et al. 2017 (32)	Hong Kong, English	To compare the longer-term efficacy (1 year) of standard care with or without an additional motivational enhancement programme (using a brief motivational interview and negative message framing communication skills) on CPAP adherence.	n=100; Male (not specified); ≥18y, mean age not presented.	Hospital sleep centre	CPAP	RCT, 1, 3 & 12 months			✓		✓	✓
Lai, et al. 2013 (33)	Hong Kong, English	To perform a linguistic and psychometric evaluation of a Chinese version of the SEMSA (SEMSA-C).	n=100; Male (84%); 52/9.4;	Hospital sleep laboratory	CPAP	RCT, 3 months					✓	✓
Lee, et al. 2017 (50)	Singapore, English	To assess the CPAP adherence among newly diagnosed OSA patients who were prescribed CPAP therapy in a Southeast Asian privately funded healthcare system and to explore the reasons for patients who declined CPAP treatment upfront.	n=135; Male (77.0%); Mean age presented in 3 sub-groups (50, 51, 50.5);	Academic sleep clinic in Southeast Asian privately funded healthcare system	CPAP	Cross sectional, 1 year	✓		✓		✓	✓
Lee, et al. 2015 (44)	Taiwan, Chinese	To investigate experience of women with OSA.	n=10; Male (0%); 54.3 (SD not presented);	Hospital sleep centre	CPAP	Qualitative interview, N/A, qualitative interview	✓				✓	✓
Li and Wang 2016 (72)	China, English	To investigate the effects of heated humidifier (HH) during CPAP titration in the cool sleeping environment.	n=40; Male (80%); Mean age presented in 2 sub-groups (38, 39)	Hospital sleep laboratory	CPAP	RCT, N/A, CPAP titration study				✓	✓	✓
Li, et al. 2008 (39)	Taiwan, English	To evaluate the impact of nasal surgery alone on quality of life (QOL) in patients with OSA and nasal obstruction using generic and disease Specific QOL questionnaires.	n=51; Male (98.0%); 39 (10)	Hospital referral centre for sleep disorder	Surgery (Septorhinoplasty)	Single arm experimental, 3-month					✓	✓
Liao, et al. 2018 (65)	China, English	To assess patient choice for treatment in subjects with OSA using a survey nested in two large cohort studies conducted in China during the past 10 years.	n=4097; Male (87.01%); 45 (SD not presented);	From two ongoing prospective cohort studies (Cardiology and neurology clinics in the Sleep Apnea cardioVascular Endpoints (SAVE) study & hospital sleep centre in Shanghai Sleep Health Study)	Treatment choice (CPAP, Oral appliance, surgery, integrated therapy, behavioural therapy, adjunctive therapy, no treatment)	Cohort, N/A, face-to-face or telephone interview	✓	✓	✓	✓	✓	✓
Liao, et al. 2015 (45)	Taiwan, English	To evaluate the efficacy of the modified maxillomandibular advancement (MMA) approach as a treatment for OSA and the resulting changes in facial appearance and dental occlusion.	n=20; Male (85%); 33.4/6.5;	Hospital sleep centre	Surgical approach (Modified maxillomandibular advancement)	Cohort, Treatment duration: 15.3 (SD 5.1) months				✓	✓	✓
Lin, et al. 2010 (40)	Taiwan, English	The objective of this study was to investigate the safety and efficacy of Z-palatopharyngoplasty (ZPPP) combined with radiofrequency reduction of the tongue base (RFBOT) for the treatment of moderate/severe OSA.	n=43; Male (95.4%); 39	Academic tertiary medical center	Surgery (Z-palatopharyngoplasty + radiofrequency tongue base reduction)	Cohort, Minimum 6-month follow-up					✓	✓
Lin, et al. 2014 (41)	Taiwan, English	The objective of the study was to evaluate the efficacy and safety of ZPPP plus transoral endoscopic Coblation open tongue base resection (Eco-TBR) for the treatment of severe OSA.	n=39; Male (91.4%); 42	Academic tertiary medical center	Surgery (Zpalatopharyngoplasty (ZPPP) combined with endoscopic Coblator open tongue base resection (Eco-TBR))	Cohort, 3 months					✓	✓
Lin, et al. 2018 (47)	Taiwan, English	To retrospectively study the effects of minimally invasive single-stage multilevel surgery (MISS MLS) for treating patients with OSA on quality of life (QOL).	n=37; Male (81.1%); 46.8 (SD not presented);	Hospital sleep centre	Surgical approach (Minimally Invasive single-stage multilevel surgery)	Cohort, 3 months					✓	✓
Lin, et al. 2017 (46)	Taiwan, English	To investigate the effectiveness and safety of anatomy-based, minimally invasive, single-stage, multilevel surgery in the treatment of OSA in an Asian population.	n=47; Male (76.6%); 47.3/10.9;	Hospital sleep centre	Surgical approach (Minimally Invasive, Single-Stage, multilevel Surgery)	Cohort, minimum 3-months follow-up				✓	✓	✓
Liu, et al. 2012 (66)	China, English	To evaluate the outcome and change in facial appearance after maxillomandibular advancement (MMA) in Chinese adults with severe OSA.	n=12; Male (91.7%); 39.8/2.4;	Hospital	Surgical approach (maxillomandibular advancement)	Cohort, 6 months				✓	✓	✓
Mok, et al. 2020 (51)	Singapore, English	To evaluate if a convenient vibratory PT device is non-inferior to CPAP in positional OSA treatment.	n=40; Male (72.5%); 44/11.2;	Hospital sleep clinic	Positional device & CPAP	Crossover, 8 weeks on each arm	✓				✓	✓
Ng, et al. 2015 (34)	Hong Kong, English	To assess the effect of weight reduction through a lifestyle modification program (LMP) on patients with moderate to severe OSA	n=104; Male (75%); Mean age presented in 2 sub-groups (51.0, 52.0)	Hospital respiratory clinic	Lifestyle Modification & CPAP users as per usual practice	RCT, 4 & 12 months			✓		✓	✓
Ng, et al. 2015 (17)	Hong Kong, English	To assess the prevalence of OSA and CPAP adherence in the elderly Chinese in Hong Kong.	n=819; Male (25.3); 73.9/7.5	Community centers where senior citizens attended for social gatherings.	CPAP	Cohort, 12 months			✓		✓	✓
Ou, et al. 2024 (71)	Singapore, English	To compare the relative effectiveness of MAD vs CPAP in reducing 24-hour ambulatory blood pressure (BP)	N=220; Male (85.5); Median for 2 sub-groups (61.5, 61.0)	Public hospitals	CPAP vs. MAD	RCT, 6 months					✓	✓
Pi, et al. 2021 (58)	China, Chinese	To explore the feasibility of applying telemedicine model in disease management for patients with OSA in China.	n=24; Male (90.9%); 45.6/10.2;	Hospital sleep centre	CPAP	Cohort, 1 week, 1 & 3 months			✓		✓	✓
Qiu, et al. 2020 (77)	China, English	To compare this device (simple CPAP with pre-set pressure at 10, 8, or 6 cmH2O) with conventional fixed CPAP and automatic CPAP (autoCPAP) devices to determine whether or not a simple CPAP could effectively treat patients with OSA.	n=127; Male (81.9%); 51/1.3	Hospital outpatient clinic	CPAP	Crossover, 1 nights each	✓		✓		✓	✓
Van Ryswyk, et al. 2019 (56)	International, English	To determine predictors of adherence to CPAP among participants of the Sleep Apnea and Cardiovascular Endpoints (SAVE) trial.	n=725; Male (80.4); 60.9/7.48	Cardiology and neurology clinics in the Sleep Apnea cardioVascular Endpoints (SAVE) study	CPAP	RCT, 24 months					✓	✓
Shang, et al. 2024 (68)	China, English	To identify influencing factors delaying medical help-seeking among patients with OSA.	N=15; Male (66.7); 48.9/11.6	Public hospital	Unspecified	Qualitative interview, N/A, qualitative interview	✓					
Soh, et al. 2020 (52)	Singapore, English	To evaluate the use of direct-to-consumer Prefabricated adjustable thermoplastic mandibular advancement devices (PAT-MADs) (MyTAP™, Airway Management Inc), its effectiveness in the treatment of OSA, feasibility and short-term adherence.	n=50, 32 completed; Male (93.8%); Median 35;	Hospital sleep centre	MAD (thermoplastic mandibular advancement devices (PAT-MADs))	Single arm experimental, 3 months				✓	✓	✓
Sun, et al. 2020 (70)	China, English	To evaluate the effect of Motivational interviewing (MI) on the weight control of patients with OSA.	n=100; Male (75.0%); Mean age presented in 2 sub-groups (39.93, 43.54);	University hospital	Motivational interviewing	RCT, 6 months after operation					✓	✓
Tan, et al. 2018 (53)	Singapore, English	To investigate the rates of CPAP uptake and adherence amongst Singaporean patients diagnosed with OSA, and to evaluate factors correlated with CPAP uptake and adherence.	n=2160; Male (82.1%); 44.7 (SD not presented);	Integrated Sleep Service of Changi General Hospital (a tertiary referral hospital).	CPAP	Cohort, 12 months	✓		✓		✓	✓
To, et al. 2008 (36)	Hong Kong, English	To compare the efficacy of auto-CPAP (AutoSet Spirit, ResMed) versus fixed-CPAP (S6 Elite, ResMed) in improving daytime sleepiness, health status, objective compliance and the ultimate treatment preference in patients with severe OSA.	n=43; Male (not specified); 45.6 (SD not presented);	Tertiary hospital	CPAP	Crossover, 2 months each	✓				✓	✓
To, et al. 2016 (35)	Hong Kong, English	To explore the clinical usefulness of nasal positive end expiratory pressure (nPEEP) valves.	n=196; Male (55%); Mean age presented in 2 sub-groups (55.3, 54.9);	Hospital respiratory clinic	Nasal positive end expiratory pressure valve	Single arm experimental, Acclimatization for 1 week & follow up 4weeks.			✓		✓	✓
Toh, et al. 2014 (54)	Singapore, English	To report the preliminary experience with combined TORS tongue base reduction and partial epiglottidectomy with palatal surgery as a multilevel surgical treatment strategy for moderate to severe OSA in Asian patients for whom positive airway pressure treatment had failed.	n=40; Male (80%); 47.1/11.4;	Academic tertiary surgical centre	Surgical approach (combined TORS tongue base reduction and partial epiglottidectomy with palatal surgery as a multilevel surgical treatment)	Cohort, 6 months				✓	✓	✓
Wang, et al. 2024 (59)	China, English	To investigate the engagement and health outcomes of a community-based intervention for OSA in the general population.	N=212; Male (47.2); 57.3/11.5	Community	CPAP	RCT, 3 months					✓	✓
Wang, et al. 2012 (73)	China, English	To explore the effects of patient education and progressive muscle relaxation (PMR) alone or combined on adherence to CPAP treatment in OSA patients.	n=152; Male (82.2%); Presented as % in age groups.;	University hospital	CPAP	RCT, 12 weeks					✓	✓
Wang, et al. 2015 (75)	China, English	To identify patterns of adherence to CPAP use in the first 3 months of therapy among newly diagnosed adult patients with OSA and their predictors. To develop pretherapy and in-therapy scores to predict adherence pattern.	n=76; Male (76.3%); 48.1 (SD not presented);	Hospital sleep centre	CPAP	Cohort, 12 weeks					✓	✓
Wang, et al. 2012 (18)	China, English	To assess the adherence to CPAP therapy of Chinese OSA patients with CPAP therapy.	n=193; Male (83.9%); 51.91/10.10	Hospital respiratory department	CPAP	Cross sectional, At the time of the interview 59 (SD 32) months after initial titration trial			✓			✓
Wei, et al. 2017 (62)	China, English	To evaluate the objective and subjective outcomes of this technology (counterclockwise rotation of the maxillomandibular complex (MMC) in the routine Maxillomandibular advancement (MMA)).	n=33; Male (90.9%); 37.6/10.5	University hospital	Surgical approach (maxillomandibular advancement)	Single arm experimental, 12 months				✓	✓	✓
Xiao, et al. 2016 (69)	China, English	To investigate the psychological status of patients with OSA and nasal obstruction and to evaluate the effects of nasal surgery on the psychological symptoms and polysomnographic parameters of these patients.	n=60; Male (100%); Mean age presented in 2 sub-groups (45.5, 40.53)	Hospital surgical unit	Surgical approach (nasal surgery)	RCT, 3 months				✓	✓	✓
Xu, et al. 2024 (76)	China, English	To assess whether telemedicine management is clinically inferior to in-person care in China for OSA management.	N=356; Male (91.3); 43.6/10.7	Hospital sleep centre	CPAP	RCT, 3 months			✓	✓	✓	✓
Xu, et al. 2019 (37)	Hong Kong, English	To investigate the relationship between OSA and incident type 2 diabetes (T2D) in a clinic cohort of Chinese adults in Hong Kong, and the effect of long-term CPAP treatment.	n=1206; Male (69%); Median 51	Hospital sleep centre	CPAP	Cohort, unspecified			✓		✓	✓
Yang, et al. 2024 (38)	Hong Kong, English	The aim of this study is to identify factors that can influence adherence to CPAP in patients with OSA post-stroke based on Andersen behavioural model of health services utilization (Andersen model).	n=227; Male (86%); Median 51	Hospital stroke unit	CPAP	Single arm experimental, 6 & 12 months	✓				✓	✓
Yang, et al. 2013 (48)	Taiwan, English	To test the hypothesis that OSA would be lower than in younger patients with OSA, and examine factors associated with CPAP acceptance.	n=315; Male (76.2); Presented as number in age groups.;	Hospital	CPAP	Cohort, unspecified			✓		✓	✓
Yi, et al. 2022 (63)	China, English	Aims to identify the distinct subtypes of continuous positive airway pressure (CPAP) user profiles based on the telemedicine management platform and to determine the clinical and psychological predictors of various patterns of adherence.	n=301; Male (91.3%); 44.3 (SD not specified)	Academic tertiary hospital	CPAP	Single arm experimental, 1 week, 1 & 3 months					✓	✓
Zhang, et al. 2022 (70)	China, English	To investigate the status of patient delay and provider delay in OSA patients and examine related factors affecting patient delay in OSA individuals in China.	n=309; Male (84.8%); Median 47	Hospital sleep centre	Unspecified	Cross sectional, N/A, cross-sectional survey	✓					
Zhou and Liu 2012 (61)	China, English	To compare the efficiency of two oral appliances in patients with mild to moderate OSA by the analysis of objective and subjective evaluations and measurement of upper airway parameter	n=16; Male (81.3%); 45.23 (SD not presented)	Hospital sleep laboratory	Oral appliances	Crossover, 3-months each arm			✓		✓	✓

Table S2 Beliefs about OSA and treatment (n=10)

Study	OSA Severity	Mode of treatment	Outcome collection method	Beliefs
Chen, <i>et al.</i> 2018 (57), China, Chinese	All categories	Treatment choice (CPAP; Surgical approach; Oral appliance, no treatment)	Pre-designed questionnaire via phone	<ul style="list-style-type: none"> • Did not receive treatment (58.3%). • Reason for non-treatment: Self-behavioural modification (side sleep, weight control etc.) (26.2%); Belief of no treatment needed (22.3%); Do not know how to treat (17.6%); Informed by physician no treatment needed (14.8%); Other (intolerance to CPAP, economical etc.) (19.1%)
Hu, <i>et al.</i> 2014 (42), Taiwan, English	Severe	CPAP	Qualitative interview with open questions to describe life experiences.	<ul style="list-style-type: none"> • Symptoms recognition and help-seeking experience • Waiting time in diagnosis • Trial and error with treatment • Uncertainty about disease/treatment • Expectations about treatment
Hui, <i>et al.</i> 2006 (31), Hong Kong, English	All categories	CPAP	Unspecified	Reason for refusing hospital-based PSG: major outbreak of severe acute respiratory syndrome; fear of sleep apnoea status being confirmed/disclosed to their employer
Lee, <i>et al.</i> 2017 (50), Singapore, English	Moderate-to-Severe	CPAP	Phone interview with pre-defined script and questions	Reasons for refusing CPAP: Do not see the need (15.8%); Troublesome/inconvenient (21.1%); Unable to afford (12.3%); Weight loss program (1.8%); No reason given (50.9%)
Lee, <i>et al.</i> 2015 (44) Taiwan, Chinese	Moderate-to-Severe	CPAP	Qualitative interview with open questions to describe female life experience of OSA	<ul style="list-style-type: none"> • Symptoms recognition and help-seeking experience • Perception of illness and symptoms
Liao, <i>et al.</i> 2018 (65) China, English	All categories	Treatment choice (CPAP, Oral appliance, surgery, integrated therapy, behavioural therapy, adjunctive therapy, no treatment)	Survey via face-to-face or telephone interview	<ul style="list-style-type: none"> • Reason for not receiving treatment or non-acceptance: Condition was not sufficiently serious to treat (53.4%); Inconvenience particularly for CPAP (15.3%); Busy daily schedule (13.7%); No trust in the treatment (12.0%); Financial burden (6.0%); Equipment failure (3.5%) • Reason for receiving treatment: Frequently experienced breathlessness during sleep (69.8%); Bed-partner could not tolerate loud snoring (13.7%); Suffered >2 traffic accidents/year (6.1%); Acted grumpy, impatient, or irritable (4.7%); Had sexual problems (3.0%); Had tonsillitis, nasal diseases, morning headaches, dry mouth or other frequently reported consequences of sleeping disorders (2.7%)
Ng, <i>et al.</i> 2015 (17) Hong Kong, English	All categories	CPAP	Unspecified	Reason for refusing CPAP: Poor insight about the significance of untreated OSA (38%); Inconvenient to use (32.4%); Could not sleep well overnight with CPAP (26.8%); Mask discomfort (21.1%); Exacerbated symptoms of allergic rhinitis (2.8%); Had no room to place CPAP (1.4%); Could not afford CPAP (1.4%).
Shang, <i>et al.</i> 2024 (68)	All categories	Unspecified	Qualitative interview to reveal the factors influencing the delays in seeking medical attention.	<p>Reasons for delay:</p> <ul style="list-style-type: none"> • Patient related factors: unaware of snoring; attributing symptoms (e.g. tiredness) to other causes; family history of snoring that may be normalized • Health system: access/availability of care
Yang, <i>et al.</i> 2024 (38) Hong Kong, English	All categories	CPAP	Unspecified	Reason for reject PSG: Considers PSG unnecessary (n=15); Unwillingness to stay overnight at sleep centre (n=3); Financial concerns (n=3)
Zhang, <i>et al.</i> 2022 (67) China, English	All categories	Unspecified	Face to face questionnaire	Reason for treatment delay: Inconvenient transportation to health facility (20.8%); Believed epidemic made the medical treatment more complicated (40.3%); Worried about the risk of infection while seeking care (31.1%); Other reasons related to epidemic (7.8%)

Table S3 Treatment preference (n=6)

Study	OSA Severity	Mode of treatment	Outcome collection method	Treatment preference
Liao, <i>et al.</i> 2018 (65) China, English	All categories	Treatment choice (CPAP, Oral appliance, surgery, integrated therapy, behavioural therapy, adjunctive therapy, no treatment)	Survey via face-to-face or telephone interview	Treatment choice: No treatment (67.83%); Surgery (15.23%); CPAP (10.25%); Behavioural therapy (3.10%); Integrated therapy (any combination of two or more of surgery, CPAP/OA, behavioural therapy and adjunctive therapy) (1.93%); Oral appliance (1.05%); Adjunctive therapy (bariatric surgery, pharmacotherapy, oxygen therapy) (0.61%)
Mok, <i>et al.</i> 2020 (51), Singapore, English	All categories	Positional device & CPAP	Patients completed questionnaires	Treatment preference: CPAP (60%) ; positional therapy (20%); 20% preferred neither device
Qiu, <i>et al.</i> 2020 (77) China, English	All categories	CPAP	Patients were asked for their preference	Device preferred for the future treatment: Simple CPAP (26.9%); Fixed pressure CPAP (36.5%); No preference (36.6%).
Tan, <i>et al.</i> 2018 (53), Singapore, English	All categories	CPAP	Retrospective review of medical record	Choice for initial therapy: 34.8% opted for a 1-month CPAP trial; 13.3% chose surgery upfront; 13.5% chose adjunctive treatments (weight loss, positional therapy, dental appliance, intranasal steroid spray for allergic rhinitis); 38.4% rejected any treatment.
To, <i>et al.</i> 2008 (36) Hong Kong, English	Severe	CPAP	Self-completion questionnaire	Treatment preference: Fixed-CPAP (73.2%); Auto-CPAP (21.9%); two patients chose to discontinue treatment.
Zhou and Liu 2012 (61) China, English	Mild-to-moderate	Oral appliances	Interview with patients	Treatment preference: Monoblock appliance (7/16); SILENT NITE® (2/16); No preference (7/16)

Table S4 Acceptance (n=22)

Study	OSA Severity	Mode of treatment	Definition of acceptance	Outcome collection method	Acceptance
Chen, <i>et al.</i> 2018 (57), China, Chinese	All categories	CPAP; Surgical approach; Oral appliance	None	Pre-designed questionnaire via phone	41.7%; Reason for non-treatment: Self-behavioural modification (side sleep, weight control etc.) (26.2%); Belief of no treatment needed (22.3%); Do not know how to treat (17.6%); Informed by physician no treatment needed (14.8%); Other (intolerance to CPAP, economical etc. (19.1%)
Deng, <i>et al.</i> 2013 (74) China, English	Moderate-to-severe	CPAP	None	VAS 0 (completely unacceptable) -10 (completely acceptable)	90% <ul style="list-style-type: none"> Reason for refusing CPAP: unwilling to undergo CPAP titration; preferred surgery; discomfort with CPAP; lack of benefit; high cost Participants receiving stage-matched intervention had higher mean VAS score for acceptance
Gobindram, <i>et al.</i> 2021 (49) Singapore, English	Moderate-to-severe risk	CPAP	None	Researcher report	23.7% <ul style="list-style-type: none"> Refused PSG and CPAP due to time or financial constraints
He and Lin 2021 (60) China, English	All categories	CPAP before surgical approach (Nasal Cavity Expansion)	None	(0-10) VAS scores recorded patient's acceptance of CPAP treatment before surgery and after surgery. (Higher value = greater to receive CPAP)	Compared with preoperative patients, the VAS scores of CPAP treatment were significantly reduced.
Huang, <i>et al.</i> 2018 (43) Taiwan, English	All categories	CPAP	Proportions of patients who accepted and purchased CPAP.	Researcher report	Younger F: 20.8%; Older F: 31.3%; Younger M: 57.3%; Older M: 45.6% <ul style="list-style-type: none"> Women had significant lower CPAP acceptance than men Younger men had significantly higher CPAP acceptance than both younger and older women
Hui, <i>et al.</i> 2002 (30) Hong Kong, English	All categories	CPAP	Proportion of patients who proceeded to titration	Researcher report	58.8%; Out of 34 with AHI ≥ 10 , 14 refused titration and 4 did not tolerate. 16/34 tolerated CPAP titration with 4 proceeded to home CPAP treatment.
Hui, <i>et al.</i> 2006 (31) Hong Kong, English	All categories	CPAP	None	Researcher report	36%
Lai, <i>et al.</i> 2017 (32) Hong Kong, English	All categories	CPAP	Buy/rent their own device for long-term use.	Researcher report	Intervention: 86%; Control: 52%; Subjects in the intervention group (motivational enhancement programme) had more subjects bought/rented CPAP
Lee, <i>et al.</i> 2017 (50), English, Singapore, English	Moderate-to-severe	CPAP	None	Researcher report	57.8% were initiated on CPAP treatment, 42.2% rejected CPAP upfront. Reason to reject CPAP: Do not see the need (15.8%); Troublesome/inconvenient (21.1%); Unable to afford (12.3%); Weight loss program (1.8%); No reason given (50.9%)
Li and Wang 2016 (72) China, English	Moderate-to-severe	CPAP	None	VAS 0-10 to evaluate acceptance and satisfaction with titration experience.	<ul style="list-style-type: none"> Acceptance score with initial CPAP treatment was significantly higher in the heated humidification (HH) group than in the non-HH group Score of the willingness to further use CPAP after titration was significantly higher in the HH group than in the non-HH group
Liao, <i>et al.</i> 2018 (65) China, English	All categories	CPAP, oral appliances, surgery, integrated therapy, behavioural therapy, adjunctive therapy	None	Survey via face-to-face or telephone interview	32.2% <ul style="list-style-type: none"> Reason for non-treatment: Condition was not sufficiently serious to treat (53.4%); Inconvenience particularly for CPAP (15.3%); Busy daily schedule (13.7%); No trust in the treatment (12.0%); Financial burden (6.0%) 41.2% of patients who initially received CPAP withdrew shortly.
Ng, <i>et al.</i> 2015 (34), Hong Kong, English	Moderate-to-severe	Lifestyle Modification & CPAP users as per usual practice	None	Researcher report	41.3%
Ng, <i>et al.</i> 2015 (17), Hong Kong, English	All categories	CPAP	None	Researcher report	21.3% Reason for refusing CPAP: Poor insight about the significance of untreated OSA (38%); Inconvenient to use (32.4%); Could not sleep well overnight with CPAP (26.8%); Mask discomfort (21.1%); Exacerbated symptoms of allergic rhinitis (2.8%); Had no room to place CPAP (1.4%); Could not afford CPAP (1.4%).
Pi, <i>et al.</i> 2021 (58), China, Chinese	All categories	CPAP	None	Researcher report	90.9%
Qiu, <i>et al.</i> 2020 (77), China, English	All categories	CPAP	None	Researcher report	53.3% 85/212 OSA declined CPAP, 14/127 titrated patients could not tolerate CPAP
Tan, <i>et al.</i> 2018 (53) Singapore, English	All categories	CPAP	Patients who accepted long term CPAP therapy and purchased CPAP	Researcher report	50.7%
Toh, <i>et al.</i> 2014 (54) Hong Kong, English	All categories	Nasal positive end expiratory pressure valve	None	Researcher report	70% 23% failed acclimatization; 7% withdrew from the study for intolerance.
Wang, <i>et al.</i> 2012 (18) China, English	All categories	CPAP	Accepted home CPAP and purchased machine.	Researcher report	66.8%
Xu, <i>et al.</i> 2024 (76)	Moderate-to-severe	CPAP	None	Researcher report	90%
Xu, <i>et al.</i> 2019 (37) Hong Kong, English	All categories	CPAP	None	Researcher report	55.8%
Yang, <i>et al.</i> 2013 (48) Taiwan, English	All categories	CPAP	CPAP use for at least the first 2 weeks.	Researcher report	39.7% <ul style="list-style-type: none"> CPAP acceptance rate was significantly lower in the elderly group, compared with the younger group The main reasons for non-acceptance: cost, belief the device is uncomfortable, and not believing there was a need for treatment
Yang, <i>et al.</i> 2024 (38) Hong Kong, English	All categories	CPAP	None	Researcher report	94.2% Reason for reject CPAP: fear of pain or discomfort (n=10); Financial concerns (n=4)

Table S5 Treatment satisfaction (n=11)

Study	OSA Severity	Mode of treatment	Outcome collection method	Satisfaction
Deng, <i>et al.</i> 2013 (74) China, English	Moderate-to-severe	CPAP	VAS (0=completely unsatisfied; 10=completely satisfied)	Satisfaction about initial CPAP treatment: The participants receiving stage-matched intervention had higher mean VAS score for satisfaction of initial CPAP treatment.
Li and Wang 2016 (72), China, English	Moderate-to-severe	CPAP	VAS (0=extremely negative; 10 = extremely positive)	<ul style="list-style-type: none"> • Six questions (how well slept; feeling rested; wakings at night, CPAP pressure comfort; ease of getting to sleep, sleep quality) were used to evaluate satisfaction and acceptance with initial CPAP treatment (titration) • Score of the satisfaction and acceptance was significantly higher in the Heated Humidification (HH) group than in the non-HH group
Liao, <i>et al.</i> 2018 (65), China, English	All categories	CPAP, oral appliances, surgery, integrated therapy, behavioural therapy, adjunctive therapy	10-point (direction unspecified) questionnaire	<ul style="list-style-type: none"> • Perceived effectiveness: 56.3% who received treatment denied any therapeutic effectiveness. • Perception of treatment: 50.9% reported negative perceptions about the treatments.
Liao, <i>et al.</i> 2015 (45), Taiwan, English	Moderate-to-severe	Surgical approach (Modified maxillomandibular advancement)	Likert scales (1 = very dissatisfied, 5 = very satisfied)	<ul style="list-style-type: none"> • Satisfaction with their postoperative facial appearance: 85% 'Satisfied' or 'very satisfied'. None graded their face as worse than before surgery. • Whether they would recommend the same treatment to other patients: All patients would recommend the same treatment to others.
Lin, <i>et al.</i> 2018 (47), Taiwan, English	All categories	Surgical approach (Minimally Invasive Surgery)	Global Patient Assessment (GPA) questionnaire designed to assess satisfaction after undergoing a procedure	<ul style="list-style-type: none"> • Willingness to undergo same procedure again: 75.7% would undergo the same procedure again. • Overall experience: 27% ranked overall experience as +5 and 40.1% as +4; 1 patient ranked as a negative experience with -2.
Lin, <i>et al.</i> 2017 (46), Taiwan, English	All categories	Surgical approach (Minimally Invasive, Single-Stage, Multilevel Surgery)	Global Patient Assessment (GPA) questionnaire	<ul style="list-style-type: none"> • Willingness to undergo same procedure again: 87.2% would undergo the same procedure. • Overall experience: 34.1% ranked the overall experience as +5; 48.9% as +4; 2 patients ranked a negative experience with -1 and -2.
Liu, <i>et al.</i> 2012 (66), China, English	Severe	Surgical approach (Maxillomandibular advancement)	Change in the aesthetic appearance of facial profile (unchanged, improved, worse). Overall satisfaction, whether they would recommend the same treatment to other patients	<ul style="list-style-type: none"> • Aesthetic appearance of facial profile: 82% felt that changes occurred in facial appearance, of those, 72% rated the changes as favourable; 9% responded unfavourably; 18% felt neutral. • Overall satisfaction & whether they would recommend the same treatment to other patients: All patients were satisfied with the results and would recommend the same treatment to other patients.
Soh, <i>et al.</i> 2020 (52) Singapore, English	Mild-to-moderate	Oral appliances	Self-reported and third party observed improvement in symptoms, each on a Likert scale of 0-5	<ul style="list-style-type: none"> • Improvement in sleep quality: 75% found the device improved quality of sleep • Improvement in concentration: 78% found the device improved ability to concentrate • Partner reported snoring improvement: 68.8% of subjects' partners felt improvement in snoring levels • Partner reported improvement in concentration: 83% of subjects' partners felt improvement in concentration
Toh, <i>et al.</i> 2014 (54) Singapore, English	Moderate-to-severe	Surgical approach (Transoral Robotic Surgery)	VAS (0 = no satisfaction at all; 10 = complete satisfaction)	Self and partner satisfaction: Mean (SD) VAS scores for patient's satisfaction and bed partner's satisfaction were 8.15 (0.9) and 8.0 (1.26), respectively.
Wei, <i>et al.</i> 2017 (62) China, English	Severe	Surgical approach (maxillomandibular advancement)	5-point Likert scale (1 = very dissatisfied; 5 = very satisfied).	Satisfaction with their facial appearance: No patient dissatisfied with facial appearance; 5 patients thought their facial appearances were acceptable, and 28 patients (85%) satisfied (n=21) or very satisfied (n=7) with their facial changes
Xu, <i>et al.</i> 2024 (76)	Moderate-to-severe	CPAP	Client Satisfaction Questionnaire (CSQ-8)	No significant difference between the telemedicine and in-person groups in participants' satisfaction with the treatment after 3 months of follow-up

Table S6 Adherence (n=31)

Study	OSA severity	Mode of treatment	Definition of adherence	Outcome collection method	Adherence
Chai-Coetzer, <i>et al.</i> 2013 (55), International, English	Moderate-to-severe	CPAP	Mean nightly CPAP use ≥ 4 h/night	Objective CPAP data	<ul style="list-style-type: none"> Chinese subjects: 1mo: 4.3\pm2.0 (61% adherent); 6mo: 3.7\pm2.2 (52% adherent); 12mo: 3.2\pm2.3 (37% adherent) Usage decreases significantly over 12 months predicted by early patient experiences (i.e., adherence and side effects at 1 month)
Chen, <i>et al.</i> 2018 (57), China, Chinese	All categories	CPAP; Surgical approach; Oral appliance	None	Self-report via phone survey	29.3% self-report of insufficient use in most recent month
Deng, <i>et al.</i> 2013 (74), China, English	Moderate-to-severe	CPAP	None	Participant recorded the hours of CPAP use in the sleep diary. 38/110 provided SD card from CPAP.	<ul style="list-style-type: none"> Objective adherence: 1mo: 5.77\pm0.36 h/night; 3mo: 5.54\pm0.48 h/night Objective adherence significantly lower than subjective adherence Significant correlation between objective and subjective adherence Outcome expectancy correlated significantly with CPAP usage at 1mo and self-efficacy correlated significantly with CPAP usage at 3mo.
Gobindram, <i>et al.</i> 2021 (49), Singapore, English	Moderate-to-severe risk	CPAP	Mean nightly CPAP use ≥ 4 h/night	Objective CPAP data.	<ul style="list-style-type: none"> Adherence was 13.6% and 10.2% pre- and postoperatively Multivariate regression showed hypertension as significant for postoperative adherence.
Huang, <i>et al.</i> 2018 (43), Taiwan, English	All categories	CPAP	Good CPAP compliance was defined as ≥ 4 h of CPAP usage for $\geq 70\%$ of the nights monitored.	Objective CPAP data	<ul style="list-style-type: none"> Good compliance % & h/night: Younger women: 80%; 5.5 \pm 1.6; Older women: 76.2%; 5.9 \pm 2.1; Younger men: 62.7%; 5.2 \pm 1.6; Older men: 79.4%; 5.8 \pm 1.5 No significant difference across gender and age groups with respect to long-term CPAP compliance.
Hui, <i>et al.</i> 2000 (28), Hong Kong, English	All categories	CPAP	CPAP compliance was defined as ≥ 4 h of CPAP usage for $\geq 70\%$ of the nights/week.	Objective CPAP data & self-report	<ul style="list-style-type: none"> Usage and compliance rate at 4 weeks & 12 weeks: BS group: 5.3\pm 0.2; 5.3\pm0.3; 71%; 71%. AS group: 5.5 \pm0.2; 5.2\pm0.2; 79%; 74% No significant difference between 2 groups in terms of objective usage and compliance rate. Self-reported compliance significantly higher than objective compliance
Hui, <i>et al.</i> 2001 (29), Hong Kong, English	All categories	CPAP	Proportion of patients prescribed CPAP who report they are continuing to use CPAP	Objective CPAP data & self-report	<ul style="list-style-type: none"> Objective usage: 1mo: 5.4\pm 1.6; 3mo: 5.3\pm 1.6 Self-reported compliance significantly higher than objective compliance High baseline AHI associated with higher objective CPAP compliance.
Hui, <i>et al.</i> 2002 (30), Hong Kong, English	All categories	CPAP	Proportion of patients prescribed CPAP who report they are continuing to use CPAP	Objective CPAP usage	Objective usage at 3mo: 2.5 \pm 0.6
Hui, <i>et al.</i> 2006 (31), Hong Kong, English	All categories	CPAP	None	Objective CPAP usage	4.5 \pm 1.3 h/night at 3mo
Lai, <i>et al.</i> 2017 (32), Hong Kong, English	All categories	CPAP	Proportion of subjects who used CPAP ≥ 4 h/day for at least 70% of the time	Objective CPAP usage	<ul style="list-style-type: none"> Intervention group had higher mean daily CPAP usage by 2.2 hours/day and higher compliance Motivational enhancement programme (a single interview and a follow-up phone call at the initiation of CPAP) can improve adherence
Lai, <i>et al.</i> 2013 (33), Hong Kong, English	All categories	CPAP	None	Objective CPAP usage	<ul style="list-style-type: none"> Mean daily usage of CPAP was 3.6 \pm 2.2 h CPAP adherence was associated with outcome expectancies and treatment self-efficacy at 3-month.
Lee, <i>et al.</i> 2017 (50), Singapore, English	Moderate-to-severe	CPAP	Self-reported CPAP usage of a minimum 4 h/day for at least 70% of the nights/week.	Self-report	<ul style="list-style-type: none"> 52.6% who initiated CPAP remained adherent at one year. OSA severity (AHI, ODI) and symptomatic improvement after CPAP were associated with better adherence. Presence of machine related side effects was associated with lower adherence.
Liao, <i>et al.</i> 2018 (65) China, English	Moderate-to-severe	CPAP, oral appliances, surgery, integrated therapy, behavioural therapy, adjunctive therapy	Good users if used CPAP regularly for > 4 h/night for >70% of the recorded period.	Objective CPAP usage	<ul style="list-style-type: none"> 58.8% used the equipment regularly Reasons for withdrawal from CPAP: Reported symptoms resolution (13.9%); Inconvenience (37.0%); No symptom improvement (19.1%); Intolerance (17.3%); Partner complaining of equipment noise (9.3%); Equipment failure (3.5%).
Mok, <i>et al.</i> 2020 (51), Singapore, English	All categories	Positional device to CPAP	Percentage of days of PT use at least 4 h.	Objective device usage.	<ul style="list-style-type: none"> Patients randomised to PT first then CPAP, mean adherence was 3.1 hours for PT and 2.2 hours for CPAP. Patients randomised to CPAP first then PT, mean adherence was 4.6 hours for CPAP and 4.3 hours for PT.
Ng, <i>et al.</i> 2015 (34), Hong Kong, English	Moderate-to-severe	Lifestyle Modification & CPAP users as per usual practice	None	Unspecified	Average CPAP usage was 4.4 \pm 1.5 h per night.
Ng, <i>et al.</i> 2015 (17), Hong Kong, English	All categories	CPAP	None	Objective device usage	Usage h/night & % adherent: 3mo: 4.6 \pm 2.1, 59%; 6mo: 4.6 \pm 2.2, 56%; 12mo: 4.2 \pm 2.2, 44%
Ou, <i>et al.</i> 2024 (71)	Moderate-to-severe	MAD vs. CPAP	≥ 4 h of CPAP usage for $\geq 70\%$ of the nights monitored	Objective device usage	<p>1-month median duration of use:</p> <ul style="list-style-type: none"> MAD: 5.5 hours/ night, and 74.7% used for ≥ 4 hours per night. CPAP: 5.0 hours/night, and 70.2% used ≥ 4 hours per night. <p>6-months median duration of use:</p> <ul style="list-style-type: none"> MAD: 5.5 hours/ night, and 72.9% used for ≥ 4 hours per night. CPAP: 5.0 hours/night, and 69.4% used ≥ 4 hours per night.
Pi, <i>et al.</i> 2021 (58) China, Chinese	All categories	CPAP	Good compliance if used CPAP > 4 h/night for >70% of the recorded period.	Objective device usage	<ul style="list-style-type: none"> Proportion of patients with good compliance: 1wk: 15/19; 1mo: 10/19; 3mo: 8/18 The severity of sleepiness before treatment affected compliance.
Van Ryswyk, <i>et al.</i> 2019 (56) International, English	Moderate-to-severe	CPAP	Good adherence defined as ≥ 4 h per night.	Objective device usage	<ul style="list-style-type: none"> Chinese patients: 1mo: 4.5 \pm 2.1; 3mo: 4.2 \pm 2.2; 6mo: 3.9 \pm 2.3; 12mo: 3.5 \pm 2.4; 24mo: 3.2 \pm 2.5 At 24 months, adherence was significantly lower in China compared with Australia/NZ. Early adherence measures, CPAP fixed pressure and self-reported very loud snoring were significant independent predictors for adherence at 24 months.
Soh, <i>et al.</i> 2020 (52), Singapore, English	Mild-to-moderate	MAD	Using an average of at least four days a week and more than 4 h each night.	Self-report	<p>59% using an average of at least four days/week and more than 4h/night.</p> <p>Reason for withdrawal: 50% complained about pain and discomfort issues; 1 felt it was a poor fit; 1 unable to sleep with the device; 39% defaulted or withdrew due to undisclosed personal reasons.</p>
Tan, <i>et al.</i> 2018 (53), Singapore, English	All categories	CPAP	4 h/night use, 70% of nights, based on machine report.	Objective device usage	<ul style="list-style-type: none"> % adherent: 1mo: 44.9%; 12mo:78.5% CPAP adherence during the 1-month trial was a predictor for CPAP treatment uptake and CPAP adherence at 1 year. Age, BMI and normal ESS were predictors of treatment rejection.
To, <i>et al.</i> 2008 (36), Hong Kong, English	Severe	CPAP	None	Objective device usage	<ul style="list-style-type: none"> Usage h/night: 1mo: auto 4.3; fixed 3.8; 2mo: auto 4.4; fixed 3.7 Patients using auto-CPAP were more compliant than those using fixed-CPAP.
Wang, <i>et al.</i> 2012 (73), China, English	All categories	CPAP	4 or more hours of CPAP usage per night and at least 9 of each 14 nights of use.	Objective device usage	<ul style="list-style-type: none"> CPAP adherence at 4, 8 and 12 weeks: Control: 60.5%; 55.3%; 47.4%; E: 89.5%; 71.1%; 60.5%; P: 86.8%; 76.3%; 68.4%; E+P: 92.1%; 86.8%; 78.9% Combined intervention with patient education and PMR can significantly improve CPAP adherence for at least 12 weeks.
Wang, <i>et al.</i> 2015 (75), China, English	Moderate-to-severe	CPAP	Definition of adherence patterns (poor, moderate, good)	Objective device usage	<ul style="list-style-type: none"> Mean of nightly use for 12wk was 5.60 hours Worse daytime sleepiness favoured a better adherence pattern, whereas worse depression and worse sleep quality favoured a poorer adherence pattern.
Wang, <i>et al.</i> 2012 (18), China, English	All categories	CPAP	Usage ≥ 4 hours for 70% of the night per week	Self-report	<ul style="list-style-type: none"> 17% of patients still using CPAP at time of contact did not meet the adherence criterion Most common reasons for poor adherence: not able to acclimatize to the CPAP during the titration night; did not perceive the need or the benefits of the treatment; or found it troublesome to use CPAP every night.
Wang, <i>et al.</i> 2024 (59)	All categories	CPAP	Good adherence was defined as average use ≥ 4 h/night	Objective device usage.	Mean adherence was 3.30 \pm 2.36 hour/night, with 47.5% of participants demonstrating CPAP adherence of ≥ 4 hour/night. CPAP adherence was not significantly correlated to health outcomes.
Xu, <i>et al.</i> 2019 (37), Hong Kong, English	All categories	CPAP	Regular use was defined as average use ≥ 4 h/night for >70% of the entire follow-up, or on average of ≥ 4 hours/night.	Objective device usage.	Among 624 patients with moderate or severe OSA, 197 regularly adhered to CPAP therapy
Xu, <i>et al.</i> 2024 (76)	Moderate-to-severe	CPAP	None	Objective device usage.	<p>Average usage:</p> <p>1 week:</p> <ul style="list-style-type: none"> Telemedicine: 342.3 min/night In-person: 350.5 min/night <p>1 month:</p> <ul style="list-style-type: none"> Telemedicine: 319.5 min/night In-person: 320.1 min/night <p>3 months:</p> <ul style="list-style-type: none"> Telemedicine: 243.3 min/night In-person: 241.6 min/night
Yang, <i>et al.</i> 2013 (48), Taiwan, English	All categories	CPAP	CPAP use for ≥ 4 h/night for $\geq 70\%$ of the nights monitored.	Objective device usage.	<ul style="list-style-type: none"> Median use h/night: 25-40y: 4.8; 41-65y: 5.5; >65y: 5.8 Proportion of adherence: 25-40y: 52.4%; 41-65y: 65.2%; >65y: 68.6 Univariable analyses revealed smokers had significantly lower adherence than non-smokers
Yang, <i>et al.</i> 2024 (38)	All categories	CPAP	CPAP use for ≥ 4 h/night for $\geq 70\%$ of the nights monitored.	Objective device usage.	<ul style="list-style-type: none"> Being married or living with a partner, having an associate degree or baccalaureate degree or higher, and stronger health beliefs independently predicted short-term CPAP adherence. Only 25% of participants from the adherent group showed good long-term adherence. The factor associated with long-term CPAP adherence was participants not using alcohol.
Yi, <i>et al.</i> 2022 (63)	All categories	CPAP	CPAP use for ≥ 4 h/night for $\geq 70\%$ of the nights monitored.	Objective device usage.	<ul style="list-style-type: none"> The comorbidities associated with OSA and AHI did not differ significantly among the subgroups. "Improvers" showed lower levels of daytime sleepiness, reduced daytime function, and characteristics of positive coping style. Negative emotion was more pronounced in patients with "non-adherers"