



## Effects of exercise on sleep symptoms in patients with severe obstructive sleep apnea

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**Table S1.** Characteristics of the participants who were exercisers.<sup>a</sup>

Characteristic	N = 488
Duration of practice (months)	24 [6-120]
Frequency of exercise practice (days/week)	3 [2-4]
Duration of each session (min)	60 [60-90]
Exercise type	
Endurance	102 (21)
Resistance	142 (29)
Combined	236 (48)
Intensity	
Vigorous	162 (33)
Moderate	325 (67)
Part of the day	
Morning	148 (30)
Afternoon	123 (25)
Evening	190 (39)
Post-exercise perceived sleep quality	
Equal	298 (61)
Better	179 (37)
Poorer	8 (1.6)

<sup>a</sup>Data are presented as median [interquartile range] or as n (%).