	Sleep onset latency, min	REM latency, min	Arousal index, events per h	AHI, events per h	Mean SaO$_2$	Minimum SaO$_2$	PLMI, events per h
Total sample	15·4 (14·2–16·7); k=124	97·4 (93·9–100·8); k=89	12·6 (11·8–13·3); k=89	2·9 (2·6–3·1); k=99	95·0% (94·7–95·3); k=48	89·2% (88·5–89·9); k=58	2·5 (2·1–2·9); k=58
Mean age, years							
18–34	14·3 (12·5–16·1); k=58	96·4 (91·0–101·8); k=42	9·6 (8·8–10·5); k=32	1·6 (1·2–2·0); k=28	96·2% (95·9–96·5); k=15	91·8% (91·3–92·3); k=17	1·1 (0·6–1·6); k=11
35–49	14·4 (12·3–16·6); k=25	93·4 (88·9–98·0); k=18	12·5 (10·7–14·2); k=25	3·1 (2·5–3·7); k=28	95·3% (94·7–95·8); k=13	90·5% (89·3–91·7); k=19	3·1 (1·9–4·3); k=14
50–64	15·7 (13·7–17·8); k=19	101·3 (92·8–109·7); k=14	16·5 (14·9–18·2); k=19	4·2 (3·6–4·8); k=28	94·3% (93·9–94·7); k=11	87·0% (84·7–89·3); k=12	6·2 (4·1–8·3); k=15
65–79	19·5 (15·2–23·8); k=16	99·7 (85·6–113·8); k=11	18·8 (15·3–22·3); k=9	15·5 (12·9–18·2); k=10	93·3% (93·0–93·7); k=7	84·0% (83·0–85·0); k=7	8·5 (4·9–12·1); k=8
≥80	41·4 (14·2–68·6); k=1	182·0 (118·6–245·4); k=1	31·6 (15·4–47·8); k=1	30·3 (12·3–48·3); k=1	94·2% (92·5–95·9); k=1	88·0% (84·3–91·7); k=1	14·6 (5·6–23·4); k=1
Sex							
Both	15·4 (13·7–17·1); k=76	96·7 (91·9–101·6); k=44	11·3 (10·3–12·4); k=47	2·2 (1·9–2·5); k=54	95·4% (94·8–95·9); k=14	91·7% (90·9–92·4); k=21	4·4 (3·4–5·4); k=26
Men only	14·7 (13·0–16·4); k=25	92·5 (85·8–99·2); k=24	14·5 (12·6–16·5); k=20	5·2 (4·2–6·1); k=23	94·7% (94·3–95·1); k=18	87·9% (86·6–89·2); k=19	2·1 (1·3–3·0); k=16
Women only	13·5 (11·8–15·1); k=20	99·5 (95·2–103·9); k=20	12·7 (11·1–14·4); k=15	3·1 (2·4–3·8); k=16	95·0% (94·5–95·6); k=14	87·6% (86·0–89·3); k=14	2·1 (1·4–2·8); k=15
Night of sleep study*							
First night	14·7 (13·3–16·1); k=68	99·5 (96·1–103·0); k=49	13·5 (12·5–14·6); k=62	3·4 (3·1–3·8); k=72	95·0% (94·7–95·3); k=40	89·0% (88·1–89·8); k=49	2·2 (1·8–2·6); k=45
Second night or later	14·4 (12·3–16·4); k=41	87·3 (82·4–92·2); k=28	9·6 (8·0–11·2); k=14	..	..	..	..

Variable k represents number of control groups combined to reach the pooled estimate; the corresponding number of participants for each estimate is included in the appendix. Some studies included more than one control group. REM=rapid eye movement. AHI=apnea–hypopnea index. SaO$_2$=arterial oxygen saturation. PLMI=periodic limb movement index. *Most studies reporting AHI, mean and minimum SaO$_2$, and PLMI were first-night studies and those remaining predominantly provided average values across the first night and a subsequent night or did not specify the night of study; therefore, we did not include night of study as a covariate for these four sleep parameters in our mixed-effects model and report only the pooled estimates for first-night studies.

Table 3: Means with 95% CIs for sleep onset latency, REM latency, arousal index, AHI, mean and minimum SaO$_2$, and PLMI for total sample and by age, sex, and night of sleep study based on random-effects models