

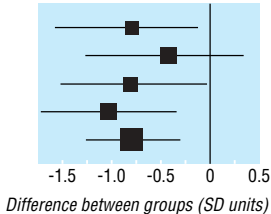
Epworth scale

Pittsburgh sleep quality index

Apnoea-hypopnoea index

Partner rating sleep disturbance

Summary



z scores (95% CI)

-0.85 (-1.62 to -0.08) $P=0.03$

-0.45 (-1.28 to 0.38) $P=0.27$

-0.79 (-1.57 to -0.01) $P=0.05$

-1.02 (-1.71 to -0.33) $P<0.01$

-0.78 (-1.27 to -0.28) $P<0.01$

*Favours
didgeridoo
group*

*Favours
control
group*