

**Table 2** Effects of intervention on sleep related outcomes

Outcome	Didgeridoo group	Control group	Raw difference* (95% CI)	Adjusted difference† (95% CI)
<b>Epworth scale</b>				
At 4 months	7.4 (2.3)	9.6 (6.0)		
Change from baseline	-4.4 (3.7)	-1.4 (2.6)	-3.0 (-5.7 to -0.3), P=0.03	-2.8 (-5.4 to -0.2), P=0.04
<b>Pittsburgh quality of sleep index</b>				
At 4 months	4.3 (2.1)	5.6 (2.7)		
Change from baseline	-0.9 (1.6)	-0.2 (1.7)	-0.7 (-2.1 to 0.6), P=0.27	-0.8 (-2.3 to 0.8), P=0.30
<b>Partner rating of sleep disturbance</b>				
At 4 months	2.3 (1.4)	4.8 (2.2)		
Change from baseline	-3.4 (2.4)	-0.6 (1.9)	-2.8 (-4.7 to -0.9), P<0.01	-2.7 (-4.2 to -1.2), P<0.01
<b>Apnoea-hypopnoea index</b>				
At 4 months	11.6 (8.1)	15.4 (9.8)		
Change from baseline	-10.7 (7.7)	-4.5 (6.9)	-6.2 (-12.3 to -0.1), P=0.05	-6.6 (-13.3 to -0.1), P=0.05

\* Two sample *t* tests.

† Analysis of covariance with adjustment for severity of disease (apnoea-hypopnoea index and Epworth scale) and weight change during study period.