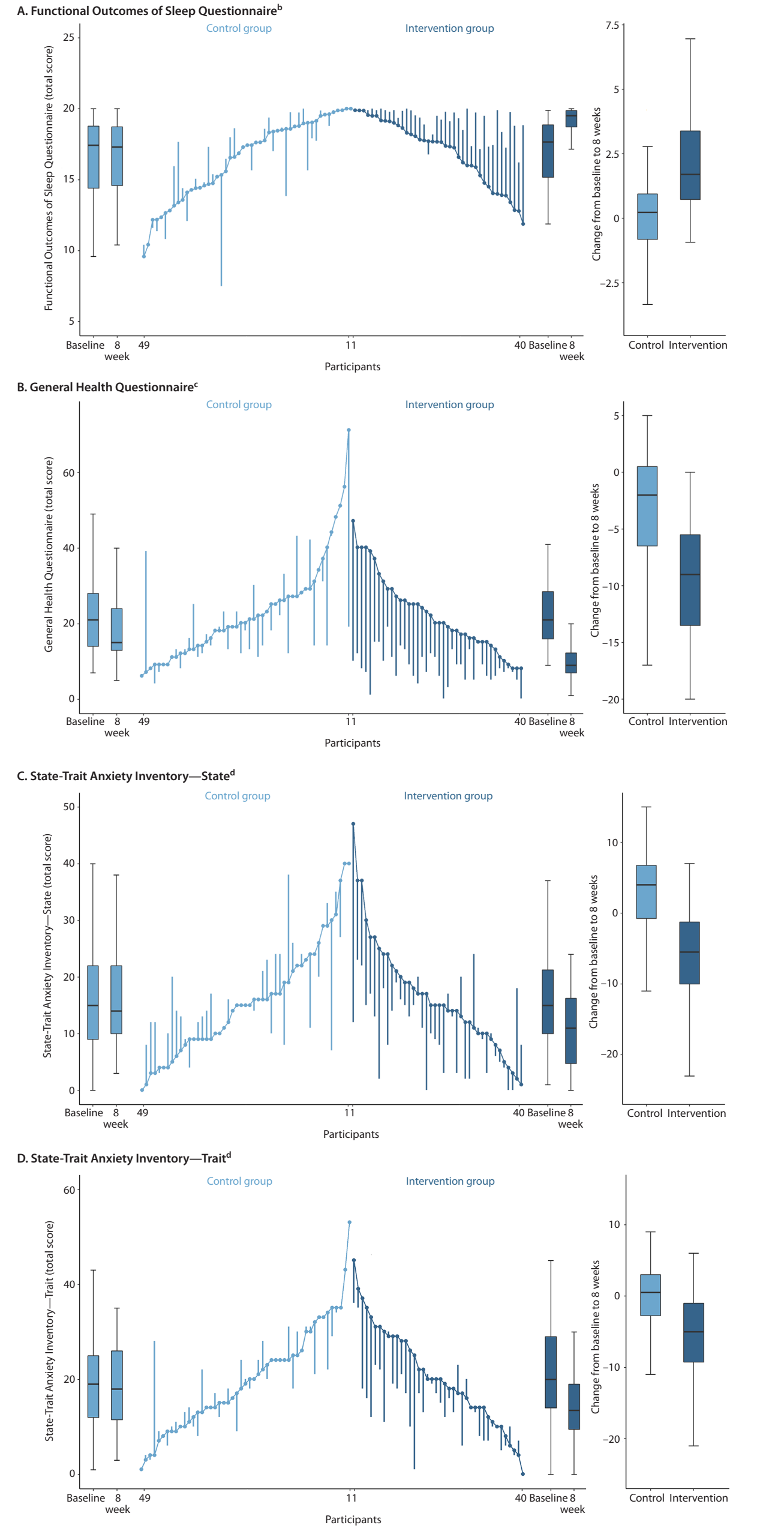


Figure 2. Daily Functioning, Psychological Distress, and Anxiety Outcomes^a



^aThe ends of the boxes in the boxplots are located at the first and third quartiles, with the black line in the middle illustrating the median. Whiskers extend to the upper and lower adjacent values, the location of the furthest point within a distance of 1.5 interquartile ranges from the first and third quartiles. The parallel line plot contains 1 vertical line for each patient, which extends from their baseline value to their 8-week value. Baseline values are placed in ascending order for the control group and descending order for the intervention group.

^bThe Functional Outcomes of Sleep Questionnaire assesses the impact of excessive daytime sleepiness on daily functioning (range, 5–20; higher scores indicate greater functioning; score < 18 reflects negative effect of sleepiness on daily functioning).^{33–36} Ascending lines indicate an improvement in the outcome.

^cThe General Health Questionnaire evaluates psychological distress (range, 0–84; higher scores indicate greater psychological distress; score > 23 indicates presence of psychological distress).^{37,38} Descending lines indicate an improvement in the outcome.

^dThe State-Trait Anxiety Inventory measures state anxiety and trait anxiety (range, 0–60; higher scores indicate greater anxiety; score ≥ 21 and ≥ 24 suggests clinical levels of state and trait anxiety, respectively).^{39–41} Descending lines indicate an improvement in the outcome.