

Table 4: Selected studies measuring serum IL-6 before and after CPAP

Study	Study Design	Study population characteristics	OSA definition	Minimum CPAP usage	Outcome
Arias et al 2008 ⁷⁶	Cross-over	25 men	AHI \geq 10	\geq 3.5 h/day for 3 months	No significant change
Burioka et al 2008 ⁸²	Case-control	9 total	AHI > 30	5h/day (mean) for 3 months	Significantly decreased
Carniero et al 2009 ⁶³	Case-control	7 severely obese men	AHI > 30	\geq 5h/day for 3 months	No significant change
Ryan et al 2006 ⁷⁹	Case-control	49 men	AHI > 5	Compliant for 6 weeks	No significant change
Steiropoulos et al 2009 ⁸⁰	Case-control	32 total	AHI > 5	\geq 4h/day for 6 months	No significant change
Vgontzas et al 2008 ⁸¹	Case-control	16 total	AHI > 5	\geq 4h/day, \geq 5d/week for 3 months	No significant change
Ye et al 2010 ⁸³	Case-control	10 total	AHI \geq 20	> 4h/day for 6 months	Significantly decreased
Yokoe et al 2003 ¹⁸	Case-control	17 total	AHI \geq 20	1 month	Significantly decreased