

Supplementary Table 1: Change from baseline to follow up (12 weeks).

Mean changes are shown for the total population, patients with no continuous positive air pressure treatment, and patients receiving continuous positive air pressure. Patients not receiving continuous positive air pressure treatment were all found not to have sleep apnea. Patients receiving continuous positive air pressure treatment were all diagnosed with sleep apnea.

Outcome	Mean change (95% CI) Total (n = 17)	Mean change (95% CI) No CPAP treatment (n = 7)	Mean change (95% CI) CPAP treatment (n = 10)
AFEQT global score	2.9 (-4.6, 10.3)	-2.6 (-12.4, 7.1)	6.8 (-4.7, 18.2)
AFSS score	-0.8 (-2.2, 0.6)	0.4 (-0.7, 1.6)	-1.7 (-3.9, 0.5)
PSQI global score	-0.9 (-2.4, 0.5)	-1.3 (-4.0, 1.5)	-0.7 (-2.8, 1.4)
Change in time spent physical inactive (mins/day)	-60.1 (-123.0, 2.9)	-33.6 (-84.5, 17.6)	-82.1 (-210.3, 46.1)

AFEQT = Atrial fibrillation effect on quality-of-life questionnaire; AFSS = AF severity scale questionnaire; PSQI = Pittsburgh Sleep Quality Index; CI = confidence intervals; CPAP = continuous positive air pressure treatment.