

Supplement 1: Guiding Questions for teleconsultation

- Is average usage > 4 hours per day?
- Is tidal volume > 7.5 ml/kg ideal body weight?
If no → consider increasing IPAP.
- Is tidal volume < 10 ml/kg ideal body weight or trigger < 80%?
If no → consider increasing respiratory rate by 2.
- Is AHI < 15?
If no → consider increasing EPAP by 2 while keeping pressure support constant.
- Is leakage acceptable?
If no → consider mask fit test or reduction of IPAP.
- Is there mucosal dryness?
If yes → consider humidifier.

Supplement 2: Exploratory outcomes

- Change in pCO₂ measured by capillary blood gas (pCO₂-CBG) in the morning at 3-month follow-up compared with morning pCO₂-CBG before initiation of treatment (kPa)
- Sleep quality (PSQI) at 3 months compared with baseline (before initiation of treatment)
- Mortality within 3 months after initiation of treatment