Figure 1b. Study design summary of objectives 3-5

Randomization

Exercise
Apnea n=11
Insomnia n=22
Total 33

Diet
Apnea n=12
Insomnia n=23
Total 35

Control
Apnea n=12
Insomnia n=21
Total 33

Healthy reference subgroup
Target n=12

Baseline measurements

Individualized progressive aerobic-type exercise controlled by heart rate monitor and exercise supervisor

Individualized diet counseling by nutritionist with adjusted energy intake composition

Continue with their lifestyle as before enter to the study

3-month intermediate measurements

6-month measurements
(same as in the baseline measurements)

Completed n=29
Completed n=31
Completed n=30
Target n=12

Outcomes of objectives 3-5