

7. Are you still on treatment for your sleep apnea? If not, please indicate reasons for discontinuation. *[follow-up]*

8. Approximately how many days of work/school did you miss in the last 3 months due to sleepiness/fatigue? *[initial and follow-up]*

9. Have you developed any of the following symptoms since starting CPAP? *[follow-up]*

- Dry nose/mouth.
- Nasal congestion
- Mask leak?

10. What supports do you identify to help with your sleep apnea? *[initial and follow-up]*

- Spouse/partner.
- Close friend/family.
- Therapist.
- Other: _____.

11. What therapy have you used since your initial visit for your sleep apnea? *[follow-up]*

- Positive airway pressure (CPAP or BiPAP) machine.
- Dental appliance.
- Lifestyle changes, example: weight loss, reduce alcohol.
- No therapy.
- Other: _____.

Appendix 2: Draft Focus Group Guide

1. Let's begin with each introducing ourselves including your first name, the city/town you live in, and what led you to seek care for possible OSA.

- Who was the first healthcare provider you spoke to (family doctor, specialist, other)?
 - How long did you wait before talking to that person?
 - What prompted you to seek care for possible OSA?
- How long between talking to a healthcare provider and getting a diagnostic test?
- How long between getting a diagnostic test and receiving a final diagnosis of OSA?
- How long between receiving a diagnosis of OSA and starting treatment?
 - How many treatments have you tried?

2. Were there unexpected delays in any of the steps between first seeking care and getting on treatment?

- What do you think were the factors that led to those delays?
- What impact did those delays have on your health or wellbeing?

3. How do you feel about waiting for OSA care?

- Does waiting for OSA care affect your motivation to use OSA treatment?
- How would shorter wait times affect that motivation?
- Does waiting for OSA care affect your confidence/skill in using OSA treatment?
- How would shorter wait times affect that confidence/skill?

4. Can you describe your ideal wait time for obtaining a diagnosis of OSA? What is the ideal wait time for starting OSA treatment?

- Can you think of any downsides to providing OSA care more quickly?
- What would be required to provide OSA care more quickly?

5. Wrap-up

- Is there anything else you'd like to tell us about regarding your experience with the diagnosis, treatment and ongoing management of OSA?
- Of everything we discussed, what are the most important things for us to take away?