

**Table S1**—Strengths requirements of a job according to the Dictionary of Occupational Titles.<sup>1</sup>

Groups	Sub-groups	Professional activity
Sedentary	Non-active	actuary, administrator, advertising archivist, artist, attorney, bank, businessman, cashier, clerk, clerk, consultant, counter, designer, economist, embroiderer, hearing judge, lawyer, librarian, officer, programmer, promoter, psychologist, public, publisher, relations, secretary, sociologist, statistician, tourism, translator, treasurer, typist, writer, specialist
Light		airway worker, agronomist, assistant, architect, actress, biologist, biomedical, hairdresser, singer, dressmaker, postal clerk, set designer, locksmith, key worker, cook, surgeon, coach, speaker, property broker, couturier, cook, decorator, delegate, dentist, educator, stylist, pharmaceutical, physics, florist, audiologist, photographer, waiter, geographer, geologist, journalist, makeup artist, model, medic, nutritionist, oceanographer, priest, petrochemical, pilot, professor, chemical, broadcaster, watchmaker, locksmith, supervisor, notary, technologist, seller, web designer, caretaker
Medium	Active	artisan, poultry farmer, child monitor, swimmer, athlete, truck driver, carpenter, welder, collector, airplane-flight attendant, confectioner, caregiver, electrician, nurse, physical therapist, installer, gardener, masseuse, metallurgical, military, mason, personal trainer, painter, chiropractor, welder
Heavy		farmer, blacksmith, landscaper, marble worker
Very heavy		baker, charger, fire-fighter

<sup>1</sup>Dictionary of Occupational Titles (4th ed., Rev. 1991) -- Appendix C. United States Department of Labor Web site.  
<http://www.oalj.dol.gov/PUBLIC/DOT/REFERENCES/DOTAPPC.HTM>. Updated 1991. Accessed December 16, 2016.

**Table S2**—Multivariate models for association of minimum saturation above 88%, TB90, and snoring, showing consistent reduction of odds of poor outcomes in exercisers, after adjustment for confounders.

Analysis	Dependent variable	Independent variables	Odds ratio (99% CI)	p
Binary logistic regression	Time with saturation below 90% (TB90)>0 min	Exercise	0.71 (0.59 - 0.84)	<0.001
		Active occupation	1.23 (1.01 - 1.49)	0.006
		Male sex	3.39 (2.82 - 4.06)	<0.001
		Age (10-year intervals)	2.00 (1.87 - 2.15)	<0.001
		Overweight	2.25 (1.77 - 2.86)	<0.001
		Obesity	8.41 (6.57 - 10.76)	<0.001
	Snoring>4 arbitrary units	Exercise	0.71 (0.60 - 0.84)	<0.001
		Active occupation	1.17 (0.98 - 1.40)	0.027
		Male sex	2.72 (2.28 - 3.23)	<0.001
		Age (10-year intervals)	1.24 (1.17 - 1.31)	<0.001
		Overweight	1.83 (1.43 - 2.35)	<0.001
		Obesity	3.95 (3.10 - 5.03)	<0.001
	Minimum saturation > 87%	Exercise	0.74 (0.62 - 0.89)	<0.001
		Active occupation	1.15 (0.94 - 1.40)	0.071
		Male sex	3.33 (2.78 - 3.98)	<0.001
		Age (10-year intervals)	1.91 (1.79 - 2.05)	<0.001
		Overweight	2.15 (1.71 - 2.69)	<0.001
		Obesity	7.71 (6.07 - 9.79)	<0.001

CI = confidence interval.