Figure S1. Flow chart in study population.

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│  A total of 8,330 middle-aged participants from the ILERVAS       │
│  project recruited between January 2015 and December 2018 *       │
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│  2,411 consecutive subjects were assessed for eligibility and     │
│  invited to perform a non-attended cardiorespiratory polygraphy   │
│  between March 2017 and September 2018 .                          │
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932 declined to participate

285 unable to locate by telephone

81 patients under treatment with continuous positive airway pressure

15 previously undiagnosed type 2 diabetes

22 with unknown kidney disease

1,076 patients underwent non-attended cardiorespiratory polygraphy

110 subjects with a first unsatisfactory sleep study refused to repeat it in a second time.

966 participants

311 with prediabetes

655 without prediabetes

* The inclusion criteria were women aged between 50 and 70, men aged between 45 and 65, and presence of at least one cardiovascular risk factor (dyslipidemia, hypertension, obesity, smoking and/or having a first degree relative with premature cardiovascular disease). The exclusion criteria were medical history of cardiovascular disease, type 2 diabetes, chronic kidney disease, active neoplasia, a life expectancy less than 18 months, institutionalized population and pregnancy.

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