

Supplemental Material S1. Individual subject data: objective outcomes.

Experimental (mask) group

Subject	Time	DSI	AVQI	I-range	Semitone range
1	Pre	4.3	3.20	43	38
	Post	5.5	2.82	41	43
2	Pre	7.4	3.00	48	43
	Post	9.5	2.31	49	41
3	Pre	4.4	3.61	57	36
	Post	6.3	2.94	54	39
4	Pre	6.9	1.54	50	37
	Post	6.4	2.22	47	40
5	Pre	5.6	2.28	47	32
	Post	4.9	2.00	46	31
6	Pre	5.5	2.47	59	37
	Post	4.6	3.77	53	36
7	Pre	7.1	2.64	62	39
	Post	9.9	3.04	57	39
8	Pre	7.6	3.89	57	44
	Post	7.3	3.45	51	45
9	Pre	3.1	2.09	50	32
	Post	4.3	2.57	54	37
10	Pre	1.9	3.46	51	36
	Post	1.6	4.06	45	39
11	Pre	4.9	2.40	54	42
	Post	5.2	3.00	45	44
12	Pre	2.3	1.57	51	37
	Post	3.1	2.26	54	38

Control group

Subject	Time	DSI	AVQI	I-range	Semitone range
13	Pre	9.4	2.87	56	38
	Post	11.6	2.62	57	38
14	Pre	4.8	2.13	43	41
	Post	5.8	2.09	44	39
15	Pre	5.0	2.91	46	33
	Post	6.3	3.52	51	37
16	Pre	6.5	2.76	59	39
	Post	5.7	1.67	56	34
17	Pre	7.6	2.11	52	38
	Post	8.3	1.92	59	38
18	Pre	5.1	2.71	48	33
	Post	5.8	2.78	42	32
19	Pre	7.5	2.16	38	38
	Post	9.1	2.39	47	39
20	Pre	7.2	3.00	55	37
	Post	7.3	1.83	53	37
21	Pre	3.4	2.88	50	36
	Post	4.1	1.40	52	37
22	Pre	5.7	2.19	46	41
	Post	6.1	0.49	42	42
23	Pre	5.0	1.02	57	42
	Post	4.6	1.71	58	48
24	Pre	3.0	5.53	38	34
	Post	3.7	3.30	42	36