

**Table 3: Univariate associations with disruptive nocturia**

	Self- Report Nocturia		Actual Nightly Voids	
	OR	Sig (p)	OR	Sig (p)
Age (years)	1.03	0.065*	1.01	0.439*
Past history of breast or gynaecological cancer	2.17	0.202	0.91	0.848
Use of probiotics	0.56	0.176*	0.59	0.239
Use of NSAIDs	0.73	0.396	0.74	0.433
Use of urogenital oestrogen	0.68	0.281*	0.81	0.560*
Hormone replacement therapy	0.92	0.893*	0.73	0.603*
Vitamin D supplementation	2.40	0.014*	1.70	0.135*
Use of melatonin or other sleep medicine	0.93	0.885	0.88	0.808
≥150 mins of moderate intensity exercise per week	0.85	0.629	0.45	0.024*
Flushes during the day	1.54	0.260	2.29	0.037*
Sweating during the night	1.76	0.142*	1.40	0.381
Urogenital prolapse	1.05	0.892	0.99	0.881
Moderate or severe loss of sexual interest	2.20	0.068	1.55	0.304
Moderate or severe dryness of vagina	0.91	0.778	0.69	0.259

*\*Items entered into respective regression models.*