

**Table 4: Median changes in bladder diary parameters between those not endorsing/endorsing factors (n=130)**

	Actual Nightly Voids	Nocturnal Urine Volume	Nocturnal Polyuria Index (NUV/24UV)	Nocturia Index (NUV/MVV)	Nocturnal Bladder Capacity Index (N-[NI-1])
<b>Negative effect</b>					
Vitamin D supplementation		↑ 120mL (22%) p=0.027	↑ 2.23 (6%) p=0.061	↑ 0.28 (17%) p=0.017	
Flushes during the day	↑ 0.5 episodes (25%) p=0.027				↑ 0.29 (45%) p=0.039
Urogenital prolapse		↑ 140mL (24%) p=0.015	↑ 7 (7%) p=0.006	↑ 0.26 (16%) p=0.048	
<b>Positive effect</b>					
≥150 mins of moderate intensity exercise per week	↓ 0.5 episodes (25%) p=0.019		↓ 5 (5%) p=0.006	↓ 0.25 (12%) p=0.080	↓ 0.29 (33%) p=0.023

Data presented: raw change, percentage of change and level of significance using the Mann-Whitney U Test. Only those factors identified as either approaching or, statistically significant are presented