

Table II. Prevalence of **disturbed sleep** because of bathroom breaks, pain, heat and cold.

| <b>Sleep Disturbance:</b> | <b>Prevalence %</b> |
|---------------------------|---------------------|
| Bathroom breaks           | 38.6 (88/228)*      |
| Pain                      | 36.7 (83/226)       |
| Feel too hot              | 19.9 (44/221)       |
| Feel too cold             | 18.2 (40/220)       |

\*(number/number of valid answers)