

	High Hydrated (HiH) (USG < 1.015)	Low Hydrated (LoH) (USG ≥ 1.015)
0 times	2 (11.11%)	1 (3.13%)
1 time	2 (11.11%)	4 (12.5%)
2 times	5 (27.78%)	7 (21.88%)
3 or more times per night	9 (50%)	20 (62.5%)

Table S1: Nocturnal Bathroom Events by Hydration State ($p = 0.63$)