

Tabel 1

Group	Frequent nocturnal	Short daily	Nocturnal
Definition	> 6 x/week > 6 hours	> 6 x/week < 4 hours	3 x/week > 6 hours
Lead author / study type (patient number in intervention group)	Culleton / RCT (26) Rocco / RCT (45)	Chertow / RCT (125)	Ok / NRI (247) Ipema (metanalysis)
Left ventricular mass	Decreased (Culleton) No change (Rocco)	Decreased	
Blood pressure	Improved	Improved	Improved
Hyperphosphatemia	Improved	Improved	Improved
Nutritional status			Improved
Composite health score / quality of life	No change	Improved	

Abbreviations: RCT randomized controlled trial, NRI non-randomised intervention