A to Z^{Z}

Sleep and Nocturia

WHAT IS NOCTURIA?

NOCTURIA, the need to wake up and pass urine at night, is the NUMBER 1 reason for poor sleep 1,2





1 in 3 adults over the age of 30 and 2 out of 3 adults over the age of 65 wake up to urinate at least once in the night 1

By age 80 years, **8 OUT OF 10** people who complain of a disturbed sleep cite nocturia as the main reason they wake up in the night²

WHAT CAUSES NOCTURIA? 3,4



An overproduction of urine



Too many fluids before bed, especially caffeine and alcohol



Or a symptom of diabetes, cardiovascular disease or more serious condition



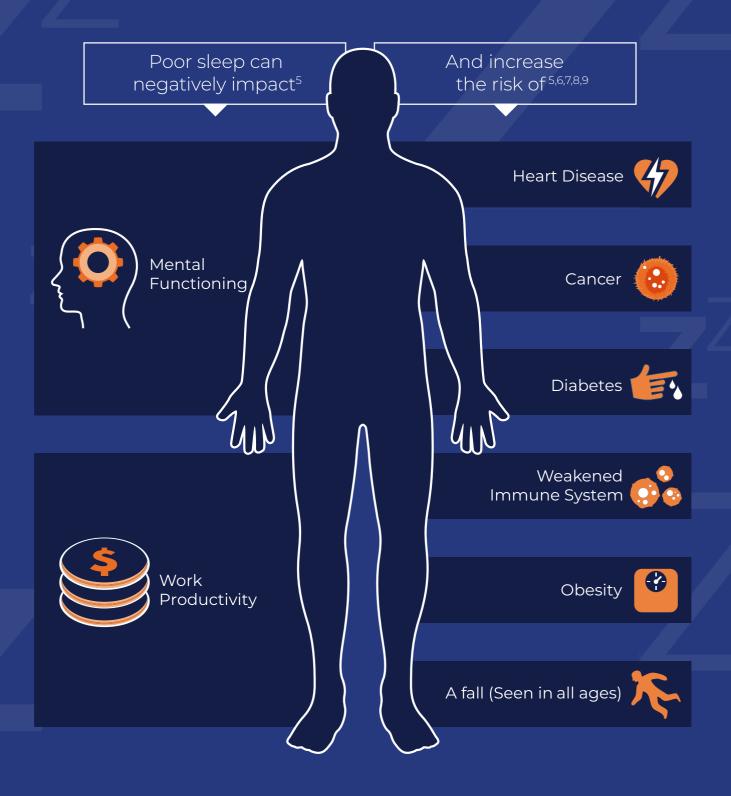
Medication, including diuretics



Enlarged prostate or an over active bladder



WHAT'S THE IMPACT OF NOCTURIA?



References 1 Bosch JL, Weiss JP. The prevalence and causes of nocturia. J Urol 2010 Aug; 184(2): 440-6. doi:10.1016/j.juro.2010.04.011. 2
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