

A to Z^{zz} of 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 night¹



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?

Poor sleep can negatively impact⁵

And increase the risk of^{5,6,7,8,9}



Mental Functioning

Heart Disease



Cancer



Diabetes



Weakened Immune System



Work Productivity

Obesity



A fall (Seen in all ages)



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** Benefield LE. Facilitating Aging in Place: Safe, Sound, and Secure, *An Issue of Nursing Clinics*. 2014. **3** National Association for Continence website, Nocturia page. [Last Accessed January 2017] Available from: <http://www.nafc.org/nocturia/>. **4** Weiss JP et al. *J Urol* 2011;186:1358–1363. **5** Orzel-Gryglewska, J. Consequences of Sleep Deprivation. *International Journal of Occupational Medicine and Environmental Health* 2010; 23(1): 95-114. doi:10.2478/I10001-010-0004-9. **6** Taheri S, Lin L, Austin D et al. Short sleep duration is associated with elevated ghrelin, reduced leptin and increased body mass index. *PLoS Med* 2004; 1(3): e62. **7** Gottlieb DJ, Punjabi NM, Newman AB et al. Association of sleep time with diabetes mellitus and impaired glucose tolerance. *Arch Intern Med* 2005; 165(8): 863-7. **8** Meier-Ewert HK et al. Effect of Sleep Loss on C-Reactive Protein, an Inflammatory Marker of Cardiovascular Risk. *Journal of the American College of Cardiology*. 2004; 43(4). doi:10.1016/j.jacc.2003.07.050. **9** Kim SY, Bang W, Kim MS, et al. Nocturia Is Associated with Slipping and Falling. *PLOS ONE*. 2017; 12(1): e0169690. doi: 10.1371/journal.pone.0169690.