



STRATEGIES TO MINIMIZE NIGHTTIME URINATION (“NOCTURIA”)

Frequent urination during the nighttime/sleeping hours 2 or more times per night is referred to as “nocturia.” There are many causes of nocturia, which can affect your daytime energy level and productivity.

Causes of Nocturia

- **Polyuria:** when your body makes too much urine in 24 hours
- **Nocturnal Polyuria:** when your body makes too much urine during the night
- **Overactive Bladder (OAB):** frequent urination or strong urges to urinate, sometimes with incontinence
- **BPH (benign prostatic hyperplasia):** enlargement of the prostate that causes both daytime and nighttime bothersome urination
- **Lower extremity swelling:** from heart failure (CHF) or venous insufficiency in the legs. Fluid accumulates during the day and can cause more frequent urination at night when you lie down
- **Diuretic use** for high blood pressure (Hypertension)
- **Caffeine & Alcohol intake** in the evening
- **Diabetes:** poorly controlled diabetes can cause extra urine production and frequent urination
- **Obstructive Sleep Apnea/Snoring:** affects airway dynamics & blood circulation to increase urine output

Evaluation of Nocturia

- Urine culture and urinalysis
- **Uroflow study** (measurement of the force of urinary stream using a non-invasive device)
- **Bladder scan:** measures how much urine is left in the bladder after urination
- **Voiding Diary:** A log of when/how much fluid you drink and when/how much urine you produce
- **Cystoscopy:** endoscopic evaluation/placement of a thin fiberoptic camera into the urethra and bladder for direct inspection of the anatomy

Treatment Strategies

- **Lifestyle Changes**
 - Avoid working/using electronics/phones in bed; ensure a cool, dark, quiet sleep environment
 - Limit fluid intake a night: drink 2L of fluid during the day, but stop drinking 3-4hr prior to sleep
 - Limit caffeine and alcohol intake in the evening
 - Avoid spicy or acidic foods in the evening
- **Manage your use of diurectics**
 - If you take a diuretic, then take it 6hr or more before sleep. Or take it in the morning.
- **Raise your legs**
 - Sit with your legs elevated 1-2hr prior to going to sleep (above the level of your heart if possible) while reading or watching television.
- **Wear compression stockings**
 - If you have leg swelling, then compression stockings worn during the day can help prevent accumulation of this fluid. Talking to your primary care doctor to get a prescription for diuretic pills to reduce the fluid accumulation may also be an option.
- **Sleep Apnea/Snoring**
 - If you are told that you snore, you should have an evaluation to test for sleep apnea, which is stopping breathing during sleep and can result in excessive daytime drowsiness and fatigue.
 - The **GW MFA Center for Sleep Disorders** is able to conduct these evaluations by calling 202-741-3430. They are located at 2021 K St NW, Washington, DC 20006.