

What is Nocturia?

Nighttime voiding—waking up to urinate—is called *nocturia*. It is defined as waking more than twice per night to void. In some individuals, nocturia can lead to *nocturnal enuresis* (involuntary urine loss during sleep).

Nocturia is common: its prevalence ranges from **58% to 90% in adults over age 50** and rises sharply in people over 65.

Impact on Daily Life

Nocturia can significantly affect your **quality of life**:

- **Disrupted Sleep:** Poor sleep can lead to daytime fatigue, lower concentration, and irritability.
- **Reduced Social Engagement:** Daytime tiredness may cause people to avoid social activities.
- **Lower Energy and Motivation:** Interrupted sleep reduces stamina, making everyday tasks more difficult.

One key contributor is poor *sleep hygiene*, a term that refers to habits and practices that interfere with good sleep quality.

Lifestyle and Behavioral Strategies

Many people can reduce nocturia episodes through behavioral modification and lifestyle changes. Here's what can help:

1. Improve Sleep Hygiene

- Maintain **consistent bed and wake times**, even on weekends.
- Avoid naps, which can disrupt nighttime sleep.
- Tailor time in bed:
 - If you're *sleepy during the day*, aim for **at least 8 hours in bed**.
 - If you have *trouble falling asleep*, limit time in bed to **no more than 7 hours** to strengthen your sleep drive.
- Avoid stimulating activities or electronics before bedtime.

2. Adjust Fluid Intake

- **Limit evening fluids**, especially after **6:00 PM**.
- Focus on hydrating **earlier in the day**—shift most fluid intake to the **morning and early afternoon**.
- Do *not* restrict total daily fluid intake unless instructed by a health care provider.

3. Modify Diet

- Avoid **caffeine, alcohol, and carbonated beverages** in the afternoon and evening.
- Remember: even *decaffeinated* coffee or tea may contain caffeine.
- Avoid **spicy foods, chocolate, and large meals** close to bedtime.

4. Bladder Training

- Helps those with **small bladder capacity** or **overactive bladder**.
- Drink larger amounts during the day and **delay voiding** gradually to build tolerance.
- Goal: increase daytime bladder capacity so nighttime voids are less frequent.

5. Manage Swelling (Peripheral Edema)

- Elevate legs for a few hours in the **late afternoon** to reduce fluid accumulation.
- Consider **compression stockings** to prevent fluid from collecting in the legs.

6. Adjust Diuretic Timing

- If you take **diuretic medication**, ask your healthcare provider about taking it in the **early afternoon** (e.g., 2:00 PM) instead of morning or evening to reduce nighttime urination.

7. Create a Sleep-Friendly Environment

- Limit **noise and light** disruptions:
 - Turn off TVs/radios before bed.
 - Use **table lamps** rather than overhead lights during nighttime waking.
 - Repair squeaky or noisy equipment.
- Coordinate incontinence care to reduce nighttime disturbances.

Final Thoughts

- Nocturia can be disruptive, but **you are not powerless**. Small, consistent lifestyle changes can have a big impact. Talk with your healthcare provider about a plan that includes these behavioral strategies—and whether additional treatments or medical evaluations are appropriate