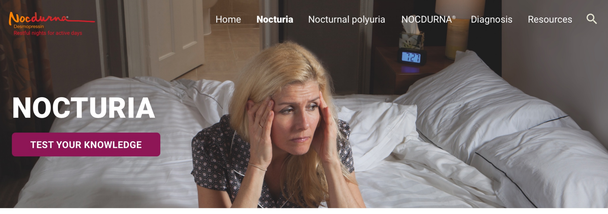


NOCTURIA

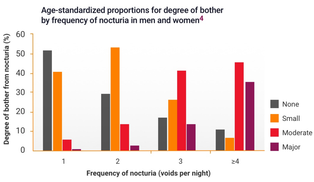
TEST YOUR KNOWLEDGE

WHAT IS NOCTURIA?

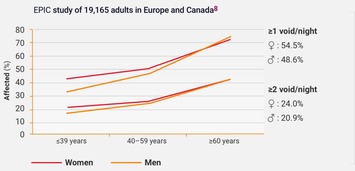
"The complaint that the individual has to wake at night **ONE or MORE** times to void… Each void is preceded and followed by sleep[1]"

Degree of bother increases with the number of voids, with a minimum of 2 voids per night associated with significant bother[2,3]

Watch the Experts' voices video



NOCTURIA AFFECTS MEN AND WOMEN OF ALL AGES, AND IS THE MOST BOTHERSOME LOWER URINARY TRACT SYMPTOM[5–7]



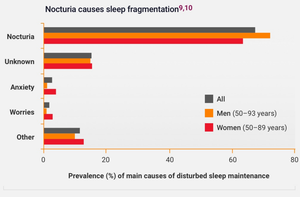
The EPIC study is a population-based survey to assess prevalence rates of OAB, UI, and other LUTS in five countries. A total of 19,165 individuals agreed to participate; 64.3% reported at least one LUTS. Nocturia was the most prevalent LUTS (men, 48.6%; women, 54.5%). Adapted from Irwin D et al., 2006.

LUTS: lower urinary tract symptom
OAB: overactive bladder
UI: urinary infection

NOCTURIA IS A LEADING CAUSE OF SLEEP FRAGMENTATION FOR BOTH MEN AND WOMEN ACROSS ALL AGES[5–7]

>63.5%[10] **Prevalence of women** reporting sleep disturbance due to nocturia

>72.1%[10] **Prevalence of men** reporting sleep disturbance due to nocturia



Adapted from Middelkoop HA et al., 1996. A postal survey assessing the effects of sex and age on subjective characteristics of sleep and the factors related to self-evaluated sleep quality in 1485 Dutch non-institutionalized elderly people.

Increased risk of **falls and fractures**

Impaired **quality of life**

Daily activity impairment

Decreased **life expectancy**

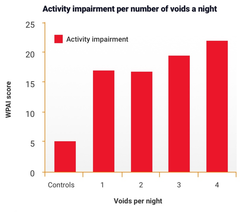
Reduced **productivity**

Scroll down to view more data on how nocturia causes chronic loss of sleep

NOCTURIA AFFECTS DAILY ACTIVITY[15]

- **Severe nocturia significantly reduces daytime activity**
- **Activity impairment was double for nocturia group than for controls**

  Number of voids per night do not affect daytime activity impairment



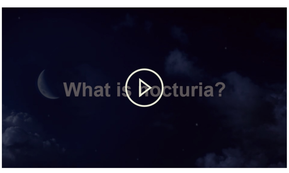
Adapted from Kobelt G et al., 2003. A survey assessing the effect of Nocturia on productivity, vitality and utility in a selected group of 283 professionally active subjects in Sweden with Nocturia vs matched controls.

WPAI: Work Productivity and Activity Impairment

DID YOU KNOW THAT NOCTURNAL POLYURIA IS THE LEADING CAUSE OF NOCTURIA?

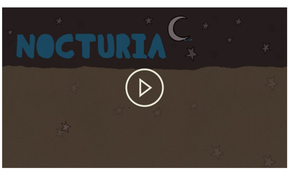
LEARN MORE

MULTIMEDIA



What is nocturia? 06:11

Sleep loss caused by nocturia can negatively impact patients' lives. **Watch to learn more**



Nocturia in animation 04:30

Facts, figures, symptoms and diagnosis – what you need to know about nocturia. **Learn more here**

Access more multimedia resources

YOU CAN CONTACT US DIRECTLY BY EMAIL

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