



NOCTURIA

TEST YOUR KNOWLEDGE

NOCTURIA

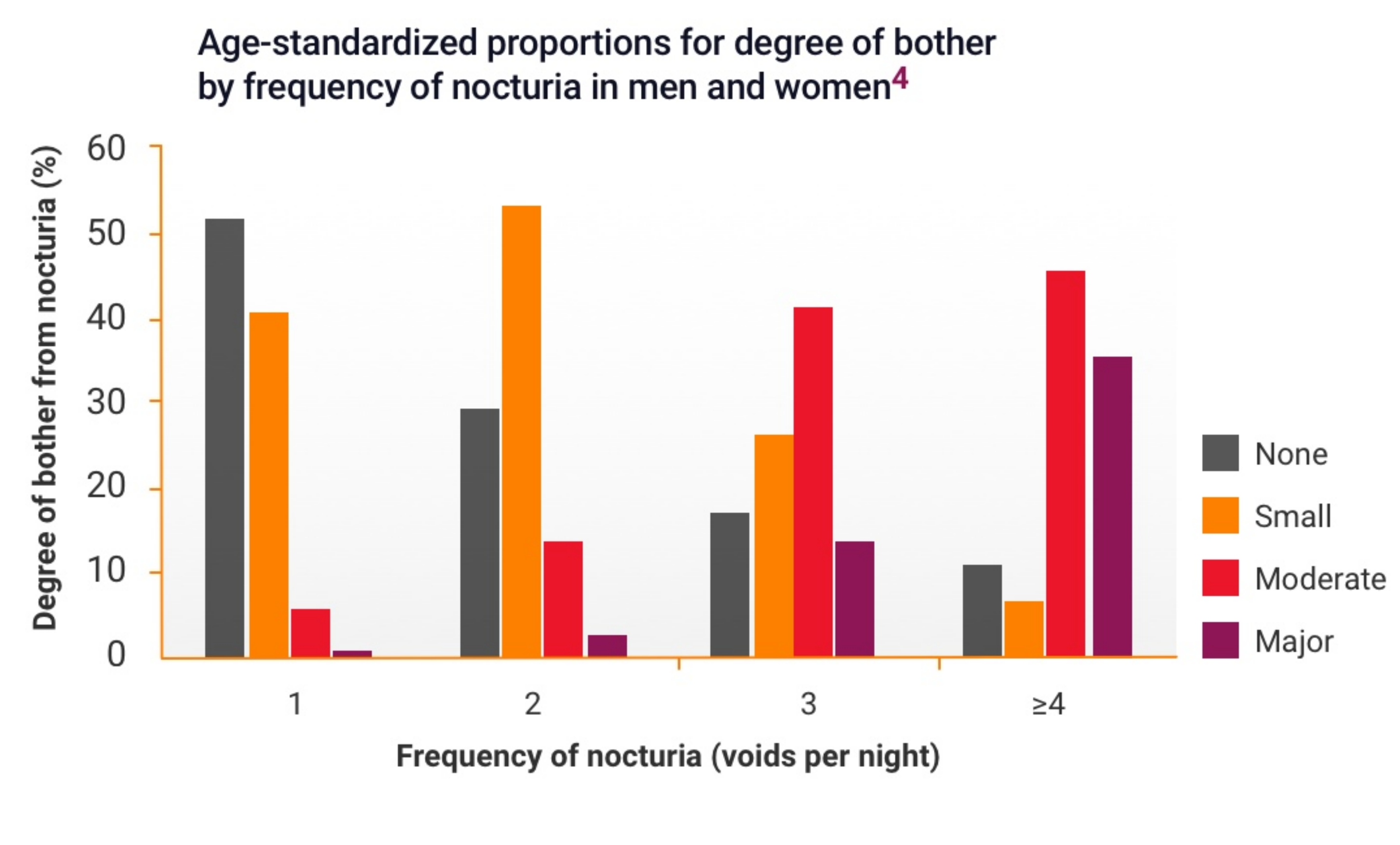
Definition Epidemiology Burden of nocturia

WHAT IS NOCTURIA?

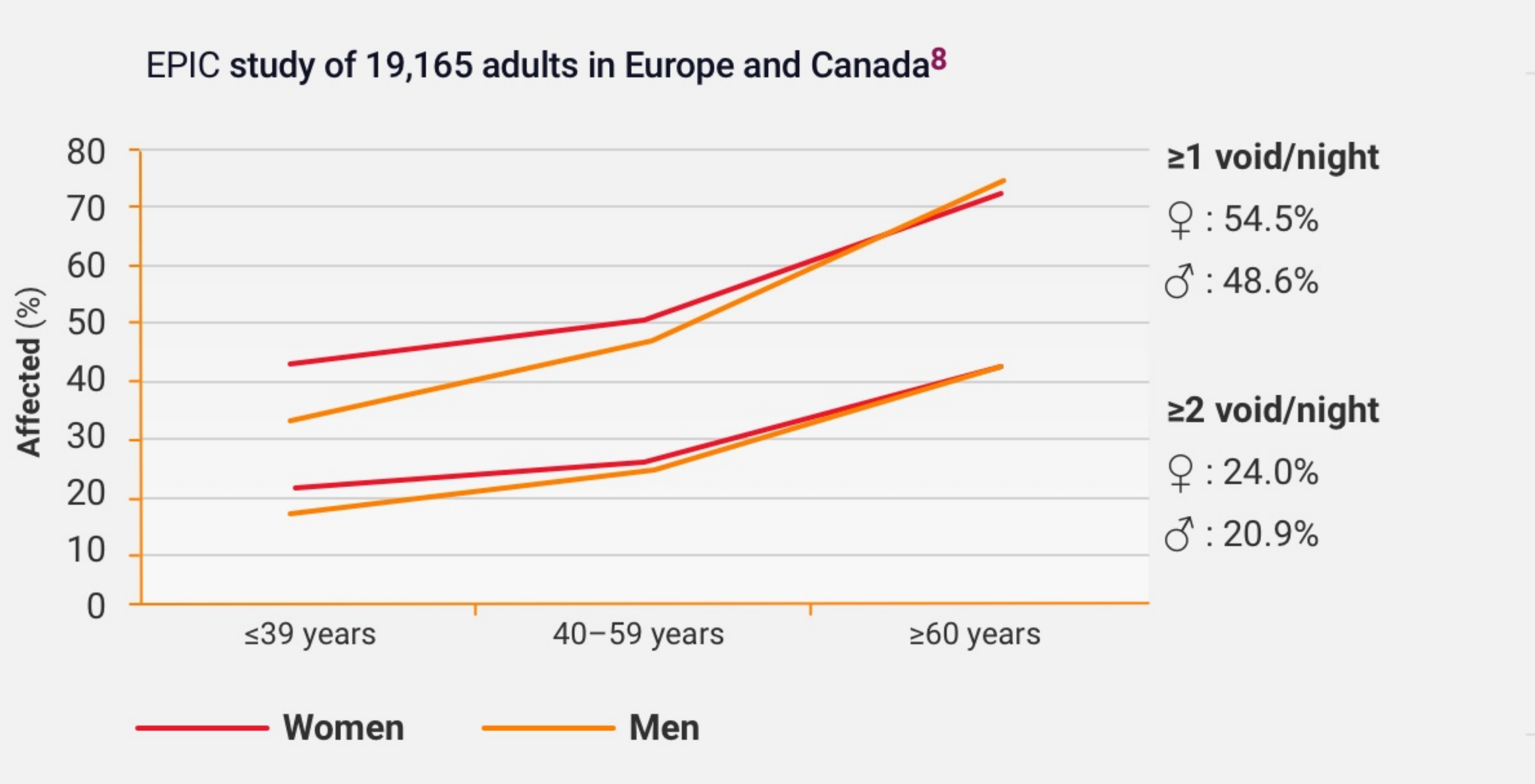
“The complaint that the individual has to wake at night **ONE or MORE** times to void... Each void is preceded and followed by sleep¹”

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 SYMPTOM⁵⁻⁷



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

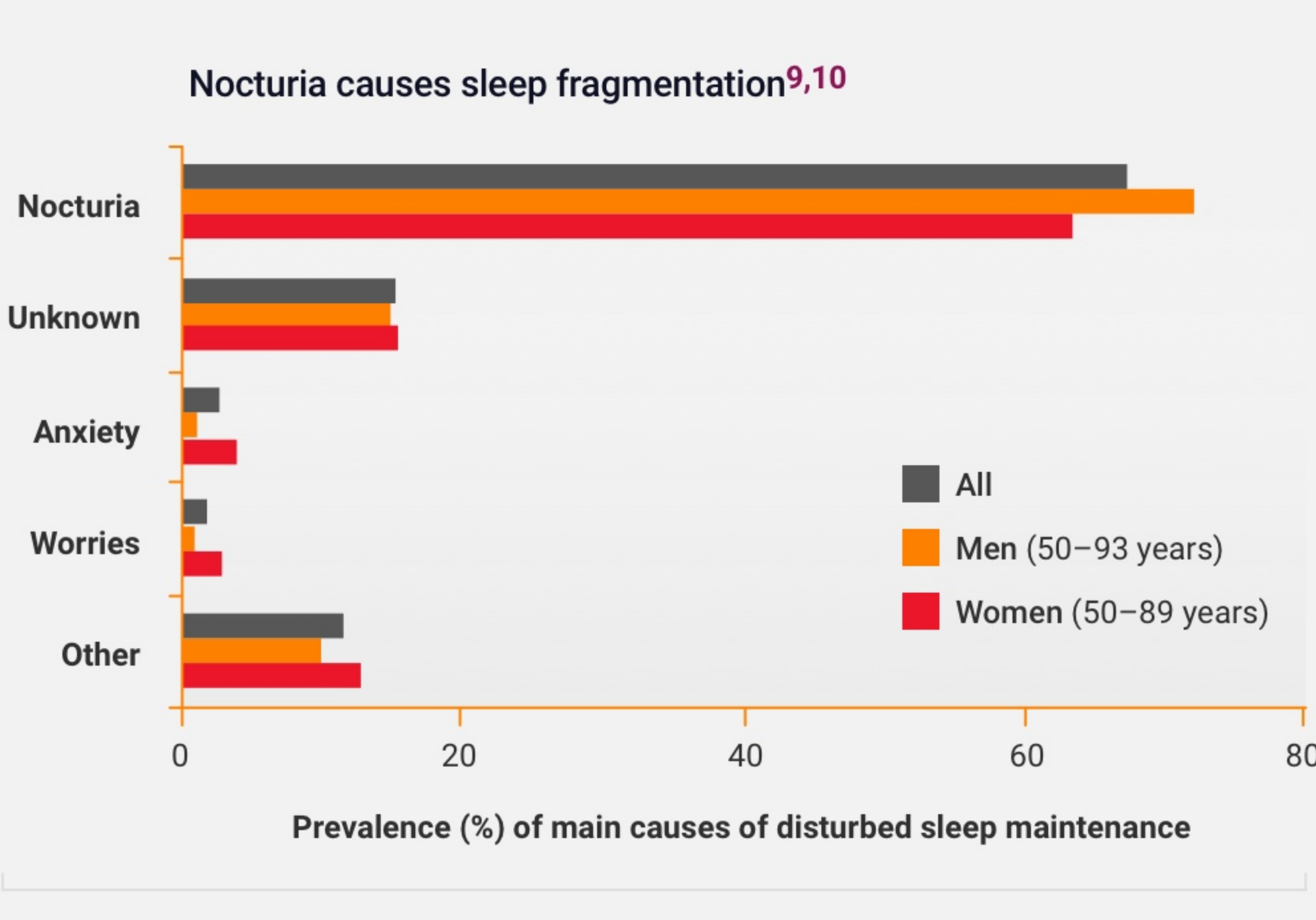
NOCTURIA IS A LEADING CAUSE OF SLEEP FRAGMENTATION FOR BOTH MEN AND WOMEN ACROSS ALL AGES⁵⁻⁷

>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

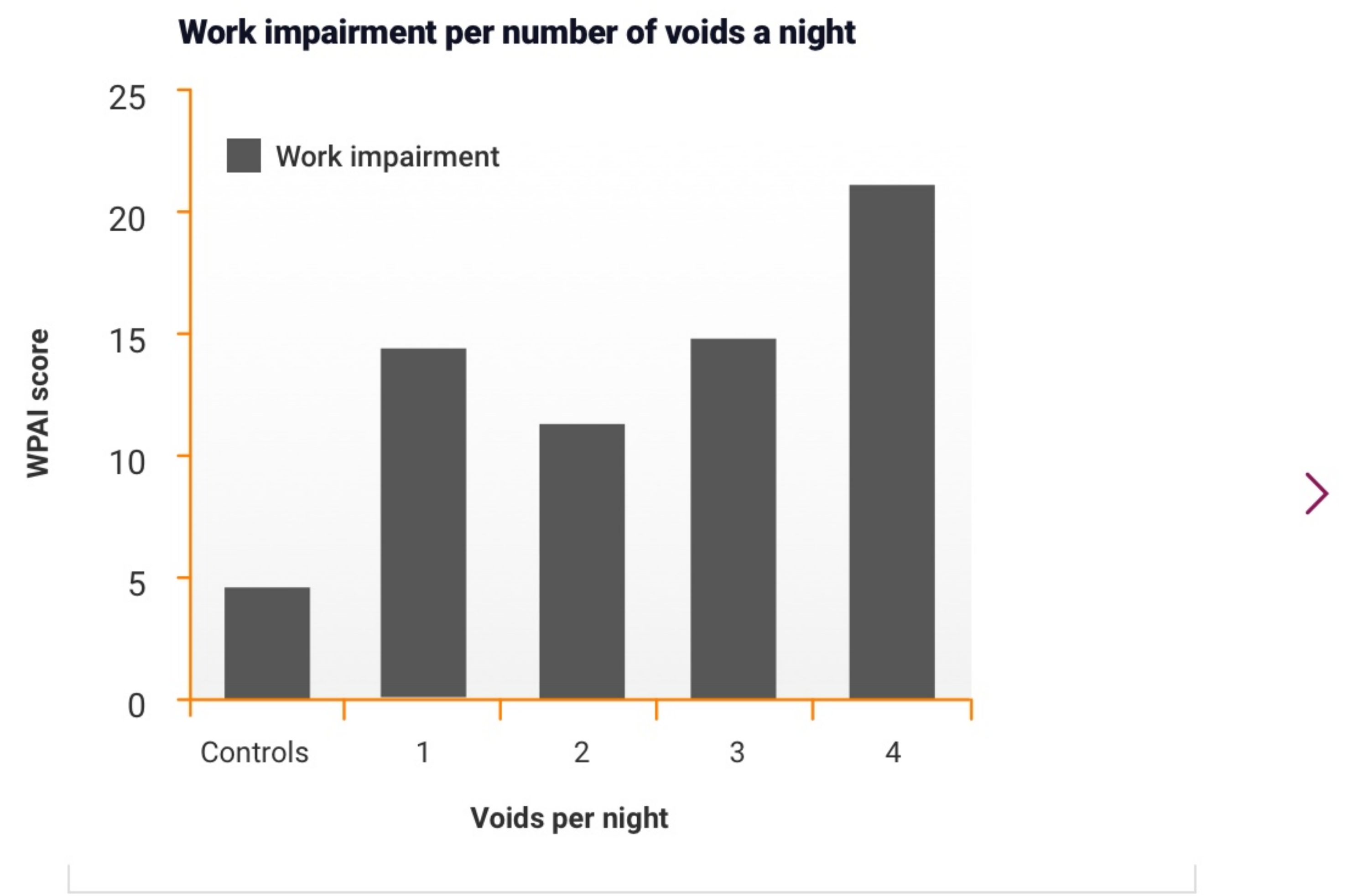
Reduced productivity

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

NOCTURIA AFFECTS WORK PRODUCTIVITY¹⁵

• **Work impairment probably due to reduced productivity as a consequence of nocturia**
13% of nocturia group vs 8.6% for controls reported reduced productivity during work hours as a consequence of nocturia

Impairment increases as number of voids per night increases (work impairment: p<0.05)

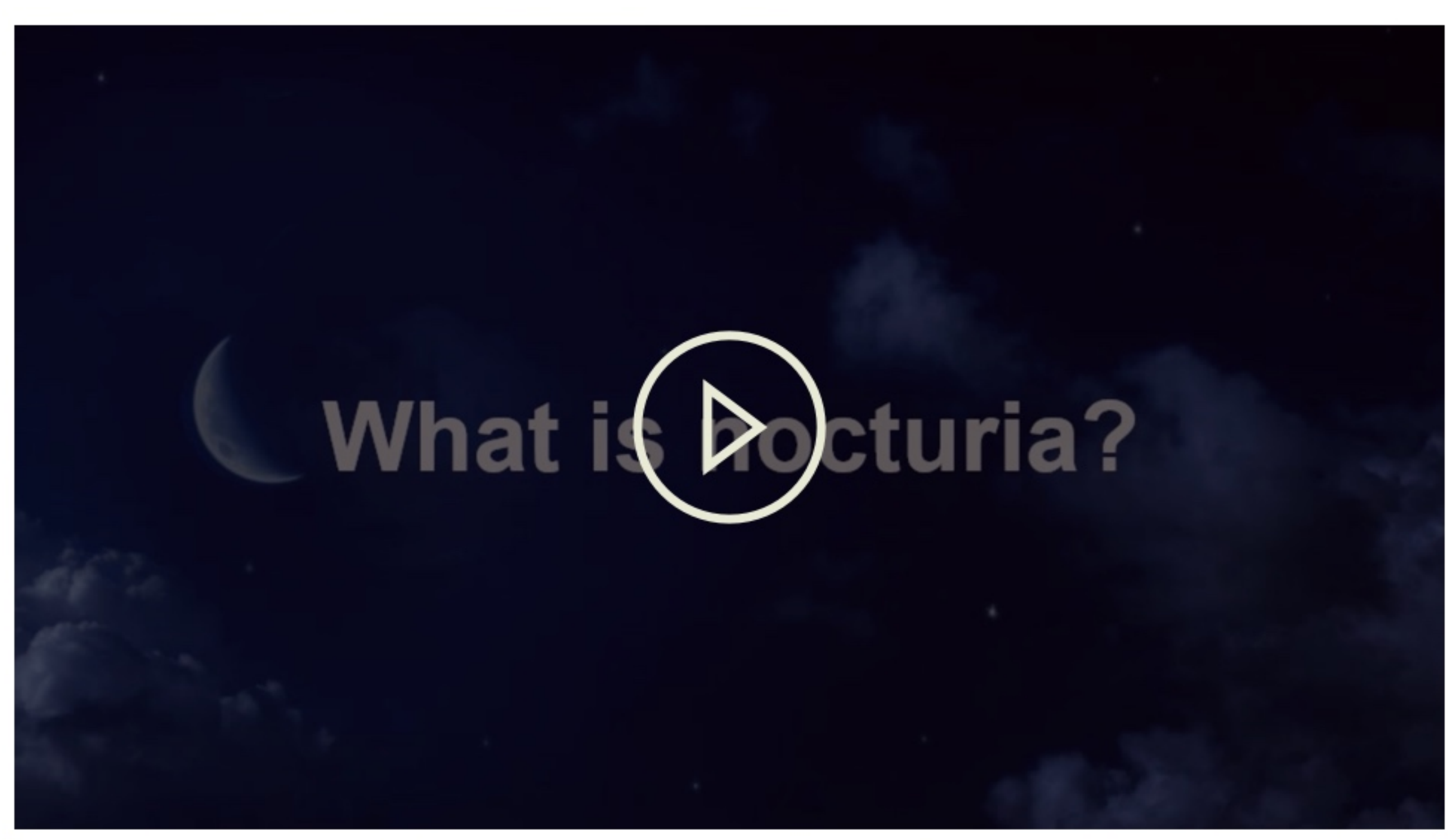


Adapted from Kobelt G et al., 2003. A survey assessing the effect of Nocturia on productivity, vitality and utility in a selected group of 283 professionally active subjects in Sweden with Nocturia vs matched controls.

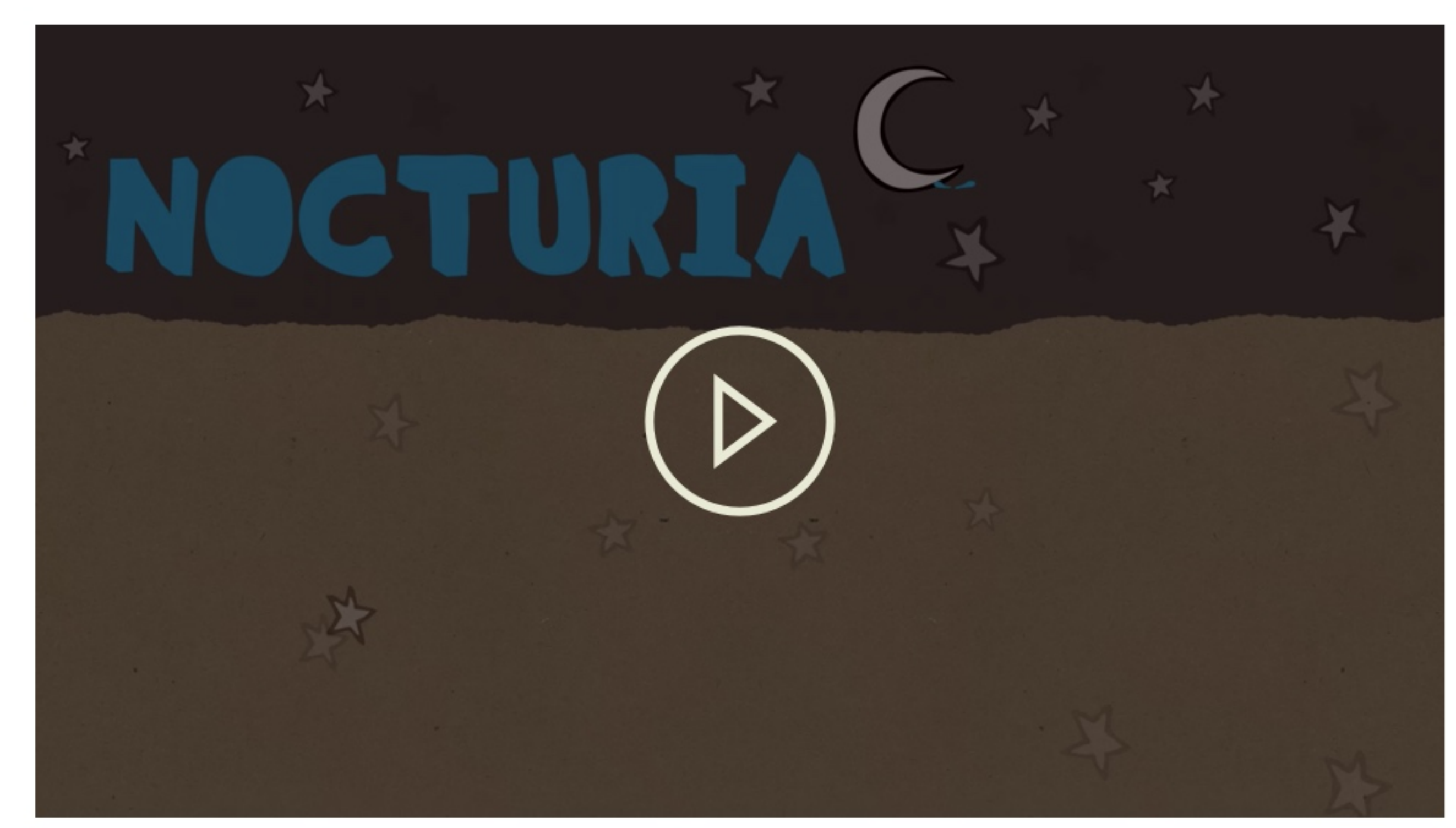
DID YOU KNOW THAT NOCTURNAL POLYURIA IS THE LEADING CAUSE OF NOCTURIA?

[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](#)

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DOWNLOAD THE SUMMARY OF PRODUCT CHARACTERISTICS

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