

# IT'S NOT YOU, **IT'S ME**



## Did you know?

Every time your partner wakes up at night, your sleep is affected too. Did you know that about 62% of partners of nocturia patients report fatigue and 36% are unhappy or dissatisfied with their sleep because of their partner's nocturia?<sup>7,11</sup>

Nothing is more irritating than being woken up in the middle of sleep. And what if you unintentionally wake up your significant other when you force yourself out of bed to go to the bathroom? Imagine if you wake up to pee several times a night. It is likely that the both of you will wake up in the morning to find each other looking haggard and feeling unrested.<sup>5,6</sup>

## WHEN IT RAINS, IT POURS.

There is evidence that nocturia can have a negative effect on the relationship of spouses or partners who share a bed with the suffering person.<sup>5,7</sup> This may lead to an eventual build-up of frustration and feelings of distress between partners over time.<sup>7,8</sup> This becomes more of an issue when both are parents sharing the responsibilities of raising children. Daily activities such as sending a child to school early in the morning can become hazardous when one is too sleepy to focus on the road, raising the possibility of accidents to occur.<sup>4,5</sup>

Do not compromise the safety and wellbeing of yourself and your family. Consult your family doctor on how to improve your quality of sleep.

**N**octuria is not just a natural process due to ageing. It can affect anyone, male or female, of all ages.<sup>1</sup> Nocturia causes a person to wake up from sleep due to the urge to urinate.<sup>2,3</sup> This will obviously negatively affect quality of sleep.<sup>1,2,4,5</sup>

On the other hand, there is nocturnal polyuria, which is not the same as nocturia. Nocturnal polyuria is a major factor that causes nocturia and is present in up to 88% of patients suffering from nocturia.<sup>2</sup> It is defined as the production of a high volume of urine during the night time, usually more than 33% of a person's total daily urine volume.<sup>2,3</sup>

For some people, nocturnal polyuria may be caused by a disruption in the production of the hormone arginine vasopressin (AVP).<sup>1,5</sup> The hormone helps

to regulate urine production at night, so if your body does not produce enough AVP at night, urine production increases, which then causes you to wake up at night to urinate, possibly multiple times.

## WAKING UP AT NIGHT TO PEE? SO BOTHERSOME!

Sleep is an essential part of life. Your quality of sleep will directly affect your quality of life.<sup>3,5</sup> When you have a good night's sleep, you can be fairly certain that you will be able to handle the following day more calmly and focused.<sup>3,5</sup>

During sleep, your body will be able to recover from injuries and create new memories. On the other hand, lack of sleep can cause negative effects, such as weakening your immune system and disrupting your metabolism. There is really no substitute for good quality sleep.<sup>6</sup>

## LET THE DOCTOR HELP YOU

On your first visit to the doctor's office, the doctor may ask you a few questions regarding the problem, then conduct a simple physical examination. The doctor may then recommend that you keep a voiding diary (also called frequency-volume chart<sup>9</sup>) for a few days.



## 4 TIPS ON KEEPING A VOIDING DIARY

### 1 Friday is the best day to start.

- Not having to work on the weekend will allow you a couple of days to get used to the action and routine of keeping a voiding diary, especially at night.

### 2 Remember to bring your voiding diary and measuring cup.

- Patients often forget to record their fluid intake and urine output throughout the day if they do not have their voiding diary and measuring cup. So, always remember to bring them along.

### 3 Equip yourself with the right tool.

- Make sure the measuring cup has graduations (or 'markings') that are clearly printed in black to make it easier for you to take your measurements. For women, find one with a handle for easier reach to the lower region.

### 4 Everything should be recorded.

- Record the volume and type of drinks you consume throughout the day, as well as what time you went to the toilet and the volume of urine you produce. Sharing more information with your doctor through the voiding diary may help in the diagnosis.



Based on the diary, your doctor may be able to advise you on whether lifestyle changes, behavioural modifications, or prescription medication would be necessary.<sup>10</sup> Don't hesitate in reclaiming a good night's sleep. Consult your doctor.

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