

How to Reduce Nocturia in Men

What is Nocturia?

Nocturia is a condition in which you wake up several times during the night to urinate. You should normally be able to sleep 6 to 8 hours without having to get up to go to the bathroom. Disruptions in your normal sleep cycle can often occur as a result of nocturia.

What Causes Nocturia?

Nocturia is more common as people age and it increases in severity with each decade of life. Knowing the specific cause of nocturia will dictate your possible treatment options.

Conditions Associated with Nocturia

-Polyuria is when you produce a great deal of urine (more than 2 liters) throughout the day. Causes of polyuria include high fluid intake, untreated diabetes, and diabetes insipidus.

-Nocturnal polyuria is when your body produces a large volume of urine while you are sleeping. Causes of nocturnal polyuria include congestive heart failure, certain cardiac medications like diuretics, and drinking too much fluid before bedtime.

-Low nocturnal bladder capacity is when your body produces more urine than your bladder is able to comfortably hold at night. Causes include benign prostatic hypertrophy (BPH), bladder obstruction, bladder overactivity, chronic urinary tract infections, neurologic bladder conditions, previous pelvic radiation, and bladder malignancy.

-Mixed nocturia is a combination of nocturnal polyuria and low nocturnal bladder capacity.

-Poor sleep can also cause you to awaken frequently at night to go to the bathroom, regardless of the need to void. This is often a consequence of aging but may be made worse by insomnia or sleep apnea (a very common cause?).

How is Nocturia Diagnosed?

To help determine the cause of nocturia, keep a record of your fluid intake and your urine output for 2 days. Be as specific as possible by writing down the amount of intake and output, time of day you urinate, and any medications you are taking. Your physician will also do a thorough assessment and ask you a variety of questions related to the condition. Additionally, your physician may order a urinalysis and/or a post-void residual urine measurement.

How is Nocturia Treated?

Treatment depends on the cause, however there are interventions you can do now to help alleviate symptoms.

- Restrict stimulant drinks in late afternoon and evening (e.g. alcohol, and caffeinated drinks)
- Take diuretics at least 6 hours before bedtime
- Elevate your legs during the day
- Wear compression stockings
- Take afternoon naps
- See a sleep apnea specialist (if needed)
- Control your diabetes (if applicable)



A behavioral approach toward treating nocturia has been shown to be effective in many patients. However, your physician may prescribe medications in combination with the recommended interventions above.

To assist your doctor with understanding your condition you should keep a voiding diary for 48 hours. You will list your liquid intake and measure your urinary output.