



Beth Shelly PT

1634 Avenue of the Cities
Moline, IL 61265
563-940-2481 cell phone
866-761-7464 fax
beth@bethshelly.com
www.bethshelly.com

Night time urine production

The normal function of the kidneys at night

- Normal kidneys make urine every moment of every day, all night long even if you do not drink
- The amount of urine created per minute is related to several things
 - Time of day, normal kidneys make
 - the most urine per minute in the morning
 - less urine per minute in the afternoon
 - the least urine per minute at night (about half the amount made in the morning).
 - Medications
 - Take diuretics in the morning (or at least 4 hours before bed)
 - How deeply you sleep
 - Poor sleep results in more urine creation per minute – worry about leakage makes the bladder more active and more chance of leakage
 - Sleep apnea (untreated) results in more urine creation per minute
 - When you drink
 - stop drinking 2 hours before bed to decrease urine creation at night
 - What you drink
 - Caffeine increases urgency, have caffeine early in the day
 - Alcohol increases urine production, avoid alcohol right before bed
 - What you eat
 - do not eat dinner right before bed
 - increase green vegetables during the day
 - decrease daily salt intake
- Consider these things in order to minimize excessive urine creation at tonight

Normal function of the bladder at night

- Adults younger than 75 normally go to the bathroom 0 to 1 time per night
- Adults older than 75 normally go to the bathroom 1 to 2 times per night
- Frail elderly adults who get up more than 3 times per night are more likely to fall and break a hip

Bladder training at night includes

- Normalize the amount of urine created at night
- Sleep well – sleep hygiene
- Roll over and go back to sleep – even if you just hold off for 5 minutes you are training and will eventually sleep longer