



## Beth Shelly PT

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### 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