Nocturia is the frequent need to urinate 2 or more times a night. Patients with severe nocturia may go 5 or 6 times a night.

Here's important information you'll want to know...

1 in 3 adults over the age of 30 make at least 2 trips to the bathroom every night.¹

Nocturia affects 40 million adults in the United States.¹

Nocturia is usually caused by the overproduction of urine in the kidneys and should be treated as a distinct condition.

Lower work productivity and increased sick leave have been reported in patients with nocturia.⁵

Nocturia increases the risk of falls for older adults making multiple trips to the bathroom at night.⁶

Partners are affected, too: In one study, three quarters were woken up more than once a night by their partner and nearly half of those woken up reported being tired the next day.⁷

Nocturia can lead to other health problems, including obesity, diabetes, and cardiovascular disease.³

In a recent study, patients waking up 3 or more times per night to use the bathroom had a significantly higher mortality rate.⁴

Visit NAFC.org/nocturia

2. NAFC.org

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