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## Lifestyle Advice for Nocturia

The underlined terms are listed in the glossary.

Nocturia is usually bothersome and can have a negative impact on your quality of life. It disrupts your sleep and may cause you to be more tired than usual during the day.

General lifestyle changes can help manage your symptoms and improve your quality of life:

- Maintain a good sleep routine:
  - Go to bed and wake up around the same time 7 days a week
  - Stay in bed as long as you need to be alert and active the next day. If you stay in bed too long or too short, the quality of your sleep may diminish
  - Avoid taking naps during the day
  - Sleep in an environment which is free from disturbing light and noise, and has a comfortable temperature
- Drink less in the late afternoon and evening to avoid getting up at night to urinate
- Drink at least 1-1.5 litre every day and discuss with your doctor if you can drink more
- Reduce alcohol and caffeine, because they may increase urine production and irritate the bladder. Remember that even drinks marked as decaffeinated, such as tea, coffee or soft drinks, may have some caffeine
- Avoid eating large meals shortly before you go to sleep. Also, certain foods can worsen nocturia. It may be helpful to reduce chocolate and spicy foods, especially in the evenings
- Avoid smoking because nicotine is a stimulant and can affect your sleep
- If recommended by your doctor, encourage yourself to “hold it” longer when you feel the urgency to urinate. This will train your bladder to keep more urine so that you will urinate less often

- Reduce swelling in your ankles and legs. During the day, water in your body may flow down to your legs, causing swelling. This condition is called peripheral oedema. When you lie down, or elevate your legs for several hours, the fluid returns to the kidneys. Your body will then get rid of it when you urinate. If this happens at night, it causes nocturia. Lying down or elevating your legs in the afternoon may allow you more hours of uninterrupted sleep.

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This leaflet is part of EAU Patient Information on Nocturia. It contains general information about nocturia. If you have any specific questions about your individual medical situation you should consult your doctor or other professional healthcare provider.

This information was produced by the European Association of Urology (EAU). The content of this leaflet is in line with the EAU Guidelines.

You can find this and other information on urological diseases at our website: <http://patients.uroweb.org>

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