WAKING AT NIGHT AFTER 60

Six changes studied for night-time bathroom trips, from Episode 10.

WHAT THE STUDIES FOUND

☐ 6	**The evening drink**	Sleep lab studies found alcohol helped people fall asleep, then broke up sleep in the second half of the night, at every amount tested. *(Ebrahim et al., Alcoholism: Clinical and Experimental Research, 2013)*
☐ 5	**The same wake time every day**	In 60,977 adults averaging about 63, the most regular sleep and wake times were linked to about 30% lower risk of death than the least regular. *(Windred et al., SLEEP, 2024)*
☐ 4	**Snoring and sleep apnea**	When 13 studies were pooled, sleep apnea went with a 41% higher risk of getting up at night to use the bathroom. *(Zhou et al., Sleep and Breathing, 2020)*
☐ 3	**The salt in your food**	In a study in Japan, people who cut their salt went from 2.3 bathroom trips a night to 1.4; those who did not cut salt did not improve. *(Matsuo et al., Neurourology and Urodynamics, 2019)*
☐ 2	**A bathroom routine with no pills**	In a pilot trial of 72 men, a routine with no pills cut about 1.4 bathroom trips a night after 12 weeks, against about 0.6 for a prostate pill. *(Johnson et al., Clinical Therapeutics, 2016)*
☐ 1	**Lying in bed awake**	In a trial of adults averaging 72, four sleep rules helped 67% improve their sleep, against 25% with a printed leaflet. *(Buysse et al., Archives of Internal Medicine, 2011)*

QUESTIONS TO ASK YOUR DOCTOR

- ☐ Could my evening drink be part of why I wake up at night?
- ☐ Would a set wake time, weekends included, make sense for me?
- ☐ Do my snoring or pauses in breathing mean I need a sleep test?
- ☐ Could the salt in my food be adding to my trips at night?
- ☐ Is a no-pill bathroom routine or a short sleep program an option for me?
- ☐ How do my prostate, bladder or sleeping pills fit with these changes?

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