

**TO FIND THE CAUSES AND IMPACT ON QUALITY LIFE OF FREQUENT
URINATION IN PEOPLE ABOVE 50 YEARS OLD AFTER SLEEPING
AND SUGGEST SOLUTIONS**

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ABSTRACT

Frequent Urination after sleeping is a main problem of many people, especially above 50 years old. It affects the quality of life of people. In this research paper, the main findings regarding the causes of frequent urination are: late evening fluid, heart failure, diabetes, bladder infection, sleep disorders, chronic pain, depression, hypertension, pregnancy, anxiety, parkinson's, obesity etc. The impact of frequent urination: It affects the quality of life of people. It affects aspects like physical, financial, social, family, emotional, spiritual, sleep etc. due to which people live a poor quality of life. Solutions or Remedies: Visit to doctor, managing use of diuretics, enjoy afternoon snooze, bladder training, leg elevation, exercise & yoga, healthy weight, home remedies etc. This research paper is very useful to all ages of people, researchers, students, teachers, guides etc.

Keywords: Frequent urination, above 50, after sleeping

INTRODUCTION

"Prevention is better than cure!" According to this proverb, preventing disease before it occurs is always better. As a person ages, many physical problems start to arise. What kind of work a person does, whether their work involves physical labor or is sedentary, and how much exercise they get daily, determines their diet. Even if a person's diet is good, as they age, many health-related problems arise. Their immunity decreases after a certain age. Also, the ability of various organs to function diminishes, leading to many diseases in such individuals, such as piles, knee pain, back pain, blood pressure, arthritis, headache, etc. Similarly, among people above 50 years of age, the problem of frequent urination is common, especially when sleeping. They have to urinate three-four or even more times, which means they don't get a good night's sleep and don't get rest. Consequently, their physical health deteriorates, affecting their work. Senior citizens also suffer from this problem. The researcher himself experienced this problem, which is why this research paper was prepared. Reasons for frequent urination, especially after sleeping.

"The researcher felt that solutions should be found and measures suggested for them, so this research problem was chosen. This research will be useful for individuals above 50 years of age to manage this problem by making appropriate changes in their diet. Also, if some individuals below 50 years of age have this problem, this research paper will be useful for them too. In this research paper, the reasons for frequent urination after sleeping in individuals above 50 years of age and senior citizens will be studied, and some measures will be suggested to reduce the frequency of urination, which will definitely help individuals of all age groups to take care of their health."

LITERATURE REVIEW

1. 'Frequent urination causing sleepless nights in 64-year-old man - Article in Canadian Medical Association Journal Oct 2014. Author: Dr. Jonathan D Gill MBChB, C. Shekhar Biyani. In this paper, causes of sleepless nights as well as patients' symptoms are studied. Management options, follow-up to be arranged are given in this research paper. Some causes are late evening fluid & coffee intake, heart failure, idiopathic, hypoproteinemia, Bladder storage dysfunction, etc. are found. This research article help researcher to suggest solutions of frequent urination.
2. Medanta Medica Team, Dec 11, 2019, studied, 'What are the common causes of Frequent Urination at Night?' Frequent urination, especially at night is called Nocturia. In this article, drinking before bed time, infections, bladder infections, age about 60 and above, medications, sleep disorders, depression, heart conditions, Hypertension, pregnancy etc. causes are stated.
3. NIH, National Library of Medicine, Nocturia (Stephen W. Leslie, Hussach Sajjad, Shashank Singh. Feb 17, 2024). Studied about Nocturia and stated the causes like bladder storage problem, sleep disorders and other. Also stated about Treatment, Guidelines and Quick summary of Nocturia Treatment is given.
4. Nagai, M., Dasari, T.W. Nocturia and sleep blood pressure, Hypertens Res 48, 1652-1653 (2005);
 1. <https://doi.org/10.1038/s41440-025-02136-9>. In this article relationship between nocturia and night time B.P. is explained. It is stated that hypertension is a determinant of nocturia.
5. Nocturia: Causes and Treatment for Frequent Urination, written by Eric Sumi July, 2015. In this article concept of Nocturia, causes of Nocturia, sleep disruptions, Nocturia symptoms and diagnosis is discussed. It is also stated to need to visit doctor. Tips to manage Nocturia like medical treatment, lifestyle changes, sleep hygiene are discussed

STATEMENT OF PROBLEM

'To find out the Causes of Frequent Urination in People above 50 years old after sleeping and suggest solutions.'

OPERATIONAL DEFINITIONS

1. Frequent Urination:

Persons above 50 years old has to go to BATHROOM for urination purpose ≥ 4 times after sleeping at night which interrupts sleep.

2. Impact of Frequent Urination:

In this study, 'Impact of Frequent Urination' refers to the effect of frequent urination affecting quality of life of peoples above 50 years of physical, functional, social, family, financial, sleep aspects and the overall quality of life.

3. Quality of Life:

In this study, 'Quality of Life' refers to the worth or value of life, as expressed by peoples in terms of physical, functional, social, family, financial, emotional, spiritual, sleep aspect etc, overall poor quality of life.

OBJECTIVES

- 1) To find out the causes of frequent urination in people above 50 years old after sleeping.
- 2) To study the causes of and explore the impact of frequent urination on quality of life in people above 50 years old.
- 3) To suggest solutions to overcome the causes of frequent urination in people above 50 years old.

RESEARCH METHOD

This paper is qualitative and theoretical in nature. This research work is based on secondary data collected from various journals, official documents, survey evidence and also various sources of information like books, websites, newspapers etc.

FINDINGS

1. It was found that the causes of frequent urination are:
 - a) Late Evening fluid
 - b) Bladder outlet infection
 - c) Use of medications (e.g., for high B.P.)
 - d) Sleep apnea
 - e) Hypertension
 - f) Pregnancy
 - g) Anxiety and Depression
 - h) Parkinson's Disease
 - i) Obesity, etc.
2. It was found that the tendency to urinate more than two times at night was comparatively higher among people of age above 65 years.
3. Physical, social, spiritual, functional, family, emotional, financial, and sleep aspects were affected by frequent urination.

OBJECTIVE WISE ANALYSIS

Objective-1. To find out the causes of frequent urination in people above 50 years old after sleeping.

After taking reviews and collecting data from various journals, official documents, books, websites, newspapers etc. following causes were found of frequent urination in people above 50 years old.

- 1) Late evening fluid / coffee intake / before bed: Drinking too much fluid, like alcohol, or caffeinated drinks before going to sleep at night causes frequent urination.

- 2) Heart failure
- 3) Idiopathic Diabetes mellitus
- 4) Bladder outlet obstruction / Infection: This infection result in burning sensation while urination and making frequent trips to bathroom.
- 5) Medications: Medications like those to treat high B.P., can cause frequent urination.
- 6) Sleep disorders: Sleep Apnea, chronic pain, depression also causes frequent urination.
- 7) Hypertension: Due to high salt intake and hypertension.
- 8) Pregnancy: During pregnancy, as womb grows inside, it presses against the bladder, making one want to urinate frequently.
- 9) Anxiety and Depression
- 10) Parkinson Disease
- 11) Obesity

Objective -2. To study the causes of and explore the impact of frequent urination on quality of life in people above 50 years old.

Botheration of sleep: Caused several problems such as rise in BP, high mental stress, depression, poor quality of life, causes cardiovascular diseases. It was found that the tendency to urinate more than four times at night was comparatively higher among people age above 65 years. It was also found that following aspects were affected by frequent urination, Sleep quality, Financial aspects, Physical aspects, Psychological aspects, Sexual & family aspects, Financial Aspects, Emotional Aspect, Spiritual Aspect etc. Physical Problems: headache, breathlessness, palpitation, lack of energy and exhaustion on next day, Bed wet, itching, rash, wound, difficulty to walk, reduced total health etc.

Personal Problems: Difficulty to meet family needs, commitments in daily life, lack of energy, frustration and unpleasant feeling to do any work, difficulty to do housework, e.g. cook well, cleaning, washing etc.

Job related problems: Discontinue the class, pending work, stopped going for job, taken leave, can't handle customer etc.

Personal problems: Skipping meals, less intake of food etc.

Social and Family Aspects:

Spouse - sleep separately, shows irritation, quarrel, negligence, get disturbed sleep, having food from canteen.

Functions - avoids, hesitation, stopped attending new programme, social gathering (marriage/temple/church function), attend only short programmes, short distance, travel - difficult, discomfort for long journey, can't use public transport, prefer train, stopped travel, travel with wet cloths, family - relationship disturbed, blames, quarrels, don't understand the trouble, lack of attention to child and spouse.

Social interactions: - Stopped staying in relatives, house, impaired social relationship interactions, friend circle is reduced.

Financial aspect: Financial difficulty due to long term medication, surgery, hospitalisation, feeling burden to family, salary for housemaid, spend extra money for travel lodging, personal vehicle. expenses for pads.

Spiritual aspects:- Prayer-Can't pray for long time, hesitant to pray, lack of concentration in prayers.

Participate in spiritual Activities: Can't visit temple and churches for pooja and prayer, can't attend festivals thinking that it is a curse of God: lost faith: God, will listen to my prayer or not.

Sleep aspect: Dissatisfied with sleep – Duration, depth, feeling of rested, feeling freshness, initiation of sleep. Effect of sleep disturbance: sleepy moody, unusual timing of sleep, can't sleep with wet cloths, feel to sleep more, nap on day time, sleep during watching tv, reading newspaper, interrupted sleep, like to be in the bed for long time, major bothersome.

In addition to this patients faced various difficulties the next day, including day time tiredness, lack of energy and emotional well being, social and cognitive functionality.

Objective 3. To suggest solutions to overcome the causes of frequent urination in people above 50 years old

Solutions / Treatment

1. Prepare for doctor visit - One should keep a record of symptoms and other details including how many bathroom trips you make at night, how much liquid consumed during day, type of food, quantity of salt you eat, medications etc.
2. Drink fluids earlier in the day and not exactly before bedtime. Not to drink alcohol or caffeinated beverages in the last two hours before bedtime.
3. Managing use of Diuretics: If someone has to take diuretics, he/she should take it at least 6 hours before going to sleep. It will help to reduce the number of trips to the bathroom.
4. Enjoying Afternoon Snooze: An afternoon snooze can help one to feel better during the day. Snooze can also allow liquids to be absorbed into the bloodstream. However, don't take snooze so long that it disrupts nighttime sleep.
5. To overcome diseases like B.P., hypertension, sleep disorders, anxiety & depression, obesity, parkinson's disease etc. proper treatment from expert doctors should be taken. Exercise regularly. Yoga should be the part of life. One should avoid more salt in daily eating. During pregnancy proper health check-up, doctor's visits are important.
6. Bladder training: Empty your bladder before bed and try to gradually increase the time between bathroom visits during the day.
7. Leg Elevation: Elevating your legs in the evening can help reduce fluid retention and nighttime urination.
8. Dietary Adjustments: Avoid bladder irritants like artificial sweeteners, spicy foods, and acidic foods.
9. Maintain a healthy weight: Excess weight can put pressure on the bladder.

10. Pelvic Floor Exercises: Strengthening the pelvic floor muscles can improve bladder control.

11. Keep a diary: Tracking fluid intake and urination frequency can help identify triggers.

12.Home Remedies:

Herbal Remedies:

Tulsi: Help fight urinary tract infection.

Cumin: May aid reducing UTI related frequent urination due to its antibacterial effects.

Pumpkin Seed Extract: Improve urinary flow and reduce symptoms of overactive bladder.

Cranberry: Cranberry juice/supplements can help prevent UTIs.

Stress management: Techniques like meditation and deep breathing can help manage urinary urgency.

Vitamin C: Increasing Vitamin C intake can help increase urine acidity and limit bacterial growth.

Pomegranate Paste:

Effective against bacteria responsible for urinary tract infection.

Fenugreek seeds: It reduces oxidative stress in the body and which cause frequent urination.

Amla: Vitamin C can be used for frequent urination remedy by simply preparing juice.

Cumin: Can be used by boiling it in water and drinking the water.

Horse Gram: Take few spoon of horse gram add to hot pan and roast it and eat.

When to seek Medical Help?

Vomiting, Blood in urine,Pain in the lower back region, towards the sides, over the kidney, discharge from your vagina or penis,Fever etc. need to seek medical help.

CONCLUSION

It was concluded that,

1. Causes of frequent urination in people above 50 years are, late evening fluid, bladder infection, medications, sleep apnea, hypertension, pregnancy, anxiety, parkinson's disease, obesity, etc.
2. Frequent urination in people above 50 years affects the quality of life. It affects physical, social, family, financial, emotional, spiritual & sleep aspects.
3. To avoid frequent urination after sleeping in peoples above 50 years old and to live a quality life, peoples should visit a doctor and take proper treatment. Do not take more fluids before going to bed. Should manage use of diuretics, enjoy afternoon naps, train the bladder, do exercise and yoga, should maintain healthy weight, should try home remedies

RECOMMENDATIONS

The peoples facing the problem of frequent urination should,

1. Arrange visit of a doctor.

2. Not to drink fluid before bedtime.
3. Manage the use of diuretics.
4. Enjoy afternoon snooze.
5. Do exercise/yoga.
6. Train to the bladder.
7. Do leg elevation.
8. Avoid bladder irritants.
9. Maintain a healthy weight.
10. Do pelvic floor exercises.
11. Keep a diary of tracking fluid intake.
12. Try home remedies under proper guidance of a proper person.

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