



## Manage Nocturia Naturally: Five Strategies to Improve Sleep

Nocturia, or waking up frequently during the night to urinate, can disrupt your sleep and lead to fatigue, reduced productivity, and mood disturbances. It is also extremely dangerous as it disrupts deep sleep. Interrupted sleep increases one's risk of diabetes, stroke, heart attack, dementia and overall inflammation. Fortunately, targeted nutritional support and lifestyle adjustments can help reduce the frequency of nighttime urination and improve sleep quality. The following five strategies are designed to support the body's natural processes to manage nighttime urination and enhance sleep.

---

1. **Vitamin D3** (4000-5000 IU/day). I like Dr. Berg's D3/K2 on Amazon.

Benefits:

- No health issue can be fully resolved unless you get your vitamin D levels to normal levels.
- Anti-inflammatory Properties: It helps to reduce inflammation that may contribute to overactivity of the bladder.
- Improves Muscular Function: Helps strengthen bladder muscles and support healthy bladder control.
- Vitamin D receptors are present in the bladder detrusor muscle and pelvic floor muscles. Supplementation can enhance muscle strength, which is crucial for maintaining bladder control and reducing symptoms of urge incontinence.
- Vitamin D deficiency has been associated with an increased risk of overactive bladder and urinary incontinence. A systematic review and meta-analysis found that vitamin D supplementation could reduce the risk of urinary incontinence by 66%.
- Clinical Trials on Vitamin D Supplementation: A randomized clinical trial conducted on postmenopausal women with urge urinary incontinence (UUI) and vitamin D deficiency showed that weekly supplementation of vitamin D significantly reduced the severity of urinary incontinence and the frequency of nocturia.



# BLADDER CENTERS OF AMERICA

FREE AT LAST

How to Use: Take 4000-5000 IU of Vitamin D3 daily with food to improve absorption. Consider monitoring your Vitamin D levels with your healthcare provider to ensure optimal dosing.

---

2. **Magnesium Glycinate** (400-500 mg at Night). Many good brands on Amazon (Pure, Dr. Berg's, Solaray...)

Benefits:

- Magnesium helps vitamin D3 to be activated and is a smooth muscle relaxer.
- Magnesium glycinate helps relax the bladder and surrounding muscles, reducing the urge to urinate at night.
- Improves Sleep Quality: Known to help improve sleep patterns, magnesium can help you achieve deeper, more restorative sleep.
- Supports Electrolyte Balance: Magnesium plays a key role in balancing electrolytes, which is essential for fluid regulation.
- Clinical Studies: Several studies have investigated the effects of magnesium supplementation on urinary symptoms:
  - A study involving magnesium showed that 40% of women treated with magnesium reported subjective improvements in urgency, nocturia, and incontinence events compared to 16.7% in the placebo group.
  - Another study found that 55% of participants receiving magnesium reported improvements in urinary symptoms, compared to 20% in the placebo group.

How to Use: Take 400-500 mg of magnesium glycinate in the evening, ideally about 1-2 hours before bed. This form of magnesium is gentle on the stomach and easily absorbed.

---

3. **Sodium Bicarbonate** (baking soda). I like Bicarb Boost on Amazon- 1900-3000 mg at Night)

Benefits:



# BLADDER CENTERS OF AMERICA

FREE AT LAST

- Neutralizes Acidic Urine: Sodium bicarbonate helps reduce urine acidity, which may decrease bladder irritation, inflammation, and the urge to urinate frequently.
- Increases CO<sub>2</sub> delivered → Improves oxygenation of tissues → Enhanced mitochondrial respiration/energy production → Reduces inflammation

Clinical Studies: A study compared the effects of oral sodium bicarbonate with tolterodine (Detrol), a common medication for OAB, in women with acidic urinary pH. The study found that both treatments significantly reduced symptoms such as frequency, nocturia, urgency, and urinary incontinence. The degree of improvement was similar between the two groups, indicating that sodium bicarbonate could be as effective as tolterodine for these patients.

Another study compared sodium bicarbonate with solifenacin (Vesicare), another medication used for OAB. This study also found that sodium bicarbonate significantly improved bladder symptoms and symptom scores, with results comparable to those achieved with solifenacin (Vesicare) treatment.

How to Use: Take 1900-3000 mg of sodium bicarbonate (such as a bicarbonate powder or tablet) in the evening with water. Avoid eating large meals before taking it, as it may interfere with stomach pH and digestion.

---

4. **Melatonin** (Start with 5-10 mg and can increase to 50 mg/night if needed). Many good brands on Amazon (Pure, Powerful Melatonin, Nature Made...).

Benefits:

- Regulates Sleep-Wake Cycle: Melatonin helps your body establish a natural rhythm of sleep, improving both the depth and duration of sleep.
- Melatonin is a natural hormone that is produced in the body but decreases as we age.
- Reduces Nocturnal Urine Production: It has been shown to lower urine production at night, reducing the need to wake up and urinate.
- Antioxidant Properties: Melatonin is also a powerful antioxidant, which may protect against inflammation that can exacerbate nocturia.



# BLADDER CENTERS OF AMERICA

FREE AT LAST

How to Use: Begin with 5-10 mg of melatonin about 30 minutes before bed. If nocturia persists, you may gradually increase up to 50 mg per night under the guidance of a healthcare provider.

---

## 5. Optimize Circadian Rhythm

Benefits:

- Increases Nighttime ADH (Anti-Diuretic Hormone) Production: A healthy circadian rhythm encourages your body to produce more ADH at night, reducing urine production and decreasing the urge to urinate. ADH is an anti-pee hormone.
- Improves Overall Sleep Quality: Maintaining a regular sleep-wake schedule can support your body's natural rhythm and improve sleep continuity.
- Supports Bladder Health: Regular circadian rhythm maintenance supports your entire hormonal system, benefiting fluid balance and bladder function.

How to Implement:

- Maintain Consistent Sleep and Wake Times: Going to bed and waking up at the same time each day helps regulate your circadian rhythm.
- Reduce Blue Light Exposure: Limit screen time an hour before bed to promote melatonin production.
- Keep your room dark and cool. Use blackout shades if possible.
- Morning Sunlight Exposure: Morning light exposure (15-30 minutes outside) helps to set your internal clock, improving your nighttime sleep quality.
- Have your environment inside match that of the outdoors. Dim lights or turn them off at night.