

THE INFLUENCE OF INSOMNIA IN THE TREATMENT FOR NOCTURIA.

Hypothesis / aims of study

Insomnia may result in nocturia and nocturia may cause insomnia. Since nocturia causes insomnia, and vice versa, the patients nocturia and/or insomnia may be treated in inappropriate way. The aim of this study is to clarify prevalence of nocturia and insomnia, and their correlation in Urological clinics irrelevant to their purpose of visit, and to achieve appropriate treatment strategy.

Study design, materials and methods

The 2000 patients who visited department of Urology of our University Hospital were subjected to this study. We conducted a survey in the form of 4 types of questionnaires, Athens Insomnia Scale (AIS), IPSS, OABSS and ICIQ-SF for female patients.

Results

The presence of nocturia was correlated with higher age, and patients with insomnia, more likely had nocturia (X²test, p<0.0001). And the presence of nocturia was correlated with total IPSS score and total OABSS score too. Twenty percent, however, those who had insomnia and nocturia revealed lower total score of IPSS, less than 8 and not fulfilling criteria of overactive bladder either.

Interpretation of results

There were twenty percent patients those who had both insomnia and nocturia revealed weak symptom of LUTS and OAB. The selected patients in this category should be treated with a sleeping drug primarily, if nocturnal polyuria was denied.

Concluding message

The patients complaining nocturia might have insomnia as a primary problem, which may be clarified with careful interview and/or questioner. This endeavor elicits treatment of insomnia for subgroup of patients with nocturia and insomnia.

References

1. Soldatos CR, Dikeos DG, Paparrigopoulos TJ. Athens Insomnia Scale: validation of an instrument based on ICD-10 criteria. J Psychosom Res 2000;48:555 – 60
2. Homma Y, Yoshida M, Seki N et.al. Symptom assessment tool for overactive bladder syndrome--overactive bladder symptom score. Urology. 2006 Aug;68(2):318-23

<i>Specify source of funding or grant</i>	None
<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	Yes
<i>Specify Name of Ethics Committee</i>	Ethics Committee of Yamagata University Faculty of Medicine
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes