

## URINARY HABITS AMONG ASYMPTOMATIC WOMEN WORKING THE NIGHTSHIFT

### **Aims of Study**

To document urinary habits among a sample of normal female nightshift workers, and to compare their 24-hour urinary diaries to those from a matched sample of dayshift workers.

### **Methods**

Female nightshift workers without lower urinary tract complaints were recruited to join this IRB-approved study. Subjects completed a 24-hour diary of fluid intake and volumes voided. Their diary variables were compared to those of age- and race-matched subjects who joined a similar study of urinary habits among normal dayshift women. Paired Wilcoxin signed-rank tests were used to compare median daytime, nighttime and total voids, mean and maximum voided volumes, fluid intake, daytime and nighttime diuresis rates. Results were considered significant at the 5% level.

### **Results**

Twenty-eight nightshift workers completed suitable diaries. Subjects were 15 (53%) Caucasian, 7 (25%) African American, 4 (14%) Asian and 2 (7%) Hispanic. Median age was 38 years (range 21-60), and 12 (43%) were vaginally parous. Three (10%) had undergone prior hysterectomy. Nightshift workers slept a median of 6 hours (range 0-9) during the 24-hour test period, significantly less than the median 8 hours (range 4.5-12) slept by the dayshift workers ( $Z=3.26$ ,  $p=0.001$ ). There were no significant differences in diary variables between the groups.

### **Conclusions**

In this, the first report of the voiding habits of nightshift workers, we found no differences in diary variables including voiding frequency. This preliminary data suggests that 24-hour diaries of female nightshift workers can be interpreted using norms similar to dayshift diaries.