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 Wilcoxon 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.