

## NATIONAL NOCTURIA SURVEY

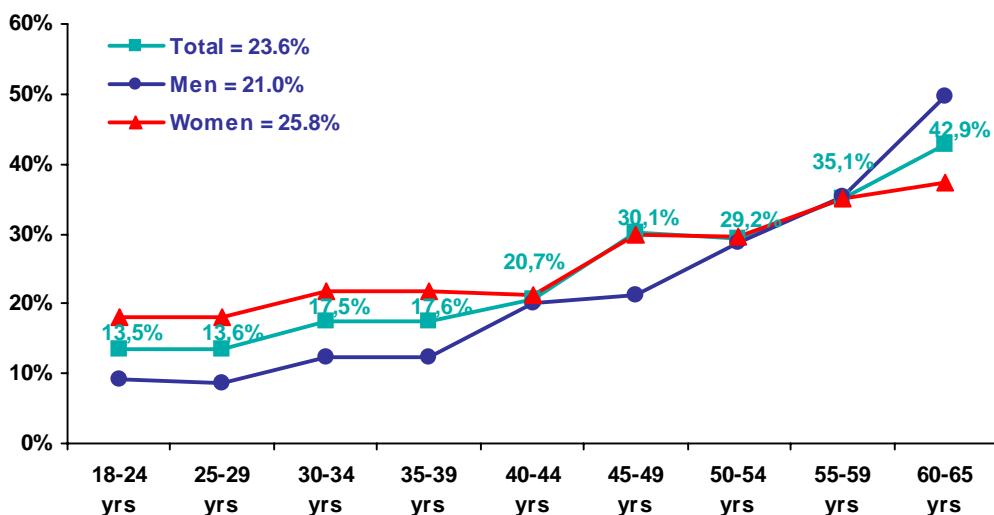
### Hypothesis / aims of study

The objective was to analyse nocturia prevalence and features of a representative sample of the French population with nocturia aged between 18 and 65.

### Study design, materials and methods

A cross-sectional survey was conducted by phone between December 2003 and January 2004 on a sample of 4,331 individuals. The participation rate was 87.3%. Epworth self-administered questionnaire was used to assess effects on sleepiness.

### Results



The prevalence of nocturia was found to be 23.6%, higher in women (25.8%) than in men (21.0%). Prevalence rises steadily with age, from 13.5% in the 18-29 age group to 42.9% in the 60-65 age

group. In the under-50 age group nocturia is much more common in women. Differences between men and women disappear from the age of 50 to 59, and in the over-60 age group nocturia is more common in men. Among individuals with nocturia, 12.4% got up twice on average, 4.4% got up three times and 0.9% got up four or more times.

Overweight and obesity are more frequent in nocturia group vs controls ( $p=0.05$ ). More people experience difficulties falling sleep, staying asleep or having non-refreshing sleep at least 3 times a week and note impacts in everyday life in nocturia group ( $p<0.001$ ). People with nocturia experience more pathological or severely pathological daytime sleepiness. 19.5% have a pathological Epworth score ( $>10$ ), compared with 10% in the control population ( $p<0.001$ ) and 5.0% have a severely pathological score ( $>15$ ) compared with 1.0% ( $p<0.001$ ). People with nocturia use healthcare services and medication at higher rates than those who do not have nocturia: 20.2% of them take psychotropic drugs compared to 3.8% of people who do not have nocturia ( $p<0.001$ ). They also visit doctors more often: 6.5 times a year on average compared with 4.2 in the control population ( $p<0.001$ ).

### Interpretation of results

The prevalence of nocturia rises with age and is higher in women only up to the age of 50. Sleep complaints and an increase of BMI are more frequent in nocturia. People with nocturia experience more daytime sleepiness than people who do not wake up in the night. They also use healthcare services and take psychotropic drugs at higher rates.

Concluding message

The findings in this survey show that nocturia is more common in both gender under 65 than believed. Its impact is mainly a daytime sleepiness. A good approach is necessary to diagnose and treat patients more effectively.

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**FERRING**

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