

Sleep Well Programme



A Patient's Guide

PART 3

Sleep and Night-Time Waking

Sleep and your Wider Health

What we found:

- ☹️ Over half of people wake at night to use the toilet

Possible causes:

- ☹️ Drinking late in the evening
- ☹️ Kidney or bladder issues
- ☹️ Diabetes
- ☹️ Sleep problems*

Why it matters:

Broken sleep leads to:

- ☹️ Daytime tiredness
- ☹️ Poor concentration
- ☹️ Increased falls risk

What you can try:

- ☹️ Reduce fluids two–three hours before bed
- ☹️ Avoid caffeine and alcohol in the evening
- ☹️ Keep your bedroom dark and quiet

When to seek help:

- ☹️ Waking multiple times every night
- ☹️ Sudden change in bladder habits

*Some medications and health conditions can affect sleep—speak to us if unsure

Waking often at night (especially to pass urine) affects sleep quality.

Take home message

Reducing night-time waking can greatly improve your sleep quality.

