Introduction: Urinary dysfunction and sleep disruption are frequent complaints in older people. However, few studies have examined the relationship between urinary symptoms, sleep disruption, and daytime sleepiness.

Methods: We recruited healthy older people who complained of disrupted sleep for a laboratory study. Screening included 3 questionnaires: the American Urological Association symptom index questionnaire (AUA); the Pittsburgh Sleep Quality Index (PSQI); and the Epworth Sleepiness Scale (ESS). Correlation analysis was used to examine the relationship between urinary symptoms and sleep disruption or daytime sleepiness.

Results: The group included 28 volunteers (16 F; 12 M; mean age 64, range 55-79. Average AUA score was 8.57±6.88; average PSQI score was 7.55 ±4.56; and average ESS score was 8.07±4.99. AUA and PSQI scores were significantly correlated (r=0.46, p=0.0135), as were AUA and ESS scores (r=0.601, p=0.0007). There appeared to be a gender difference, whereby in the men AUA and ESS were strongly correlated (r=0.72, p=0.0071) and in women they were not. In contrast, in women the correlation between AUA and PSQI was significant (r=0.46, p=0.05) while in men it was not.

Conclusion: We found a significant positive correlation between urinary discomfort and complaints of sleep disruption and daytime sleepiness in healthy older people. Men reported more daytime sleepiness associated with urinary discomfort, while women reported more sleep disruption associated with urinary discomfort, a possible gender difference which needs further investigation.