Do This Before Bed To Stop Waking Up To Pee At Night Transcript

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Why You Wake Up to Pee at Night

If you are waking up at night to pee, then I want you to listen this carefully. For most people, the problem is not in your bladder and it is not aging.

And drinking less water doesn't fix this problem for majority of the people. Well, the real problem is that your body is supposed to switch into the night time mode which slows the urine production.

But for several people, this switch doesn't turn on and that's the reason people keep on waking up in the night to urinate. So today I am going to share with you what is this night time switch which is not turning on in your body and an easy 5 minute protocol that is going to switch your night mode on so that you don't wake up in the night to keep on peeing on a regular basis.

Hi, I am Dr. Anshul Gupta, a former Cleveland Clinic functional medicine physician from US. I help people improve their chronic diseases by making personalized functional medicine plans.

Now, a lot of people have been reaching me out saying that they have this nighttime problem that they keep on waking up to urinate. When they approach their doctors, the only advice they get is that don't drink water in the night.

How Melatonin and ADH Control Nighttime Urination

They have even tried that, but even constantly they wake up in the night to urinate. So during the daytime, your kidneys are working constantly to filter your blood and make urine.

Well, at night, something else should happen. As it gets dark, your brain starts producing a hormone called melatonin. Melatonin is known as a sleep hormone but it has multiple roles in your body.

One of the roles is that it helps in secretion of another hormone called ADH hormone which is an antidiuretic hormone. ADH in the night sends signal to your kidneys to hold on to the water, concentrate the urine and slow the urine production.

and thereby for most of the people they can go for at least 6 to 8 hours without waking up to pee. But for people who are waking up constantly in the night to pee, this system is actually broken.

And there are 4 main reasons for this system to break. The first and the major reason over here is circadian rhythm disruption. What that means is that whenever we have irregular sleep schedules or when we are going through a lot of stress in our life, that disrupts the melatonin signaling in your body.

Because of this, it actually affects the release of ADH hormone in your body in the night. And the result of this is that your kidneys never go into the nighttime mode and they still continue to produce the same amount of urine as during the daytime.

Four Reasons the Nighttime Switch Fails

The second reason is high amount of inflammation in the body. Whenever there is high amount of inflammation present in your body, these produces inflammatory cytokines and these inflammatory cytokines are supposed to get flushed out during the night time.

But when our body is producing too much inflammation during the daytime, it affects the receptors of ADH hormone on the kidneys. so that the ADH hormone is not able to bind to receptors on the kidneys and thereby again your

kidneys do not get the signal from your ADH hormone and again never go into the night time mode.

The third reason over here can be blood sugar instability during the sleep time. This typically happens when we are eating too much processed food or we are eating simple carbohydrates during the dinner time.

The reason for this insulin spike is that this processed food that we eat during the dinner time releases too much sugar at one time and your body produces too much insulin to correct this sugar.

But in reaction to that what happens is that the body does over correction and in the night your blood sugar starts dropping low. And because of that, two hormones called cortisol and adrenaline starts increasing.

And these two stress hormones again blocks the production of the ADH hormone and thereby again, your kidney is not able to go into the nighttime mode.

Now this happens in a lot of people. Doesn't matter whether you are a diabetic or not. It depends on what you have eaten for your dinner or during the daytime.

And the last reason for this is obviously poor fluid timing. It is not about how much fluid you are intaking during the day, but it is all about the timing.

If you are drinking a lot of fluid during the late evening hours or in the night time, then obviously it forces your kidneys to make more urine during the night time also.

So these are the four main reasons why this switch is not working in your body. But here's the thing, you can easily fix this by following this nighttime protocol that I'm going to share with you right now.

The step one that you need to do is that you need to control your lighting in the evening time. What that means is that 90 minutes before you sleep, you need to dim your lights.

Avoid bright lightning during the nighttime for you. If you are going to use any screens whether it is your laptop or your mobile phones make sure you switch on the night time mode that automatically dims the screen for you.

Five-Step Nighttime Protocol to Reduce Urination

The reason being this night time light suppresses your melatonin and once you dim your lights or you use blue light blocking glasses that doesn't affect your melatonin so that your body can produce enough melatonin and that results in optimal production of ADH to your kidneys.

The second thing that you can do is that make sure you stabilize your sugar before you sleep. What that means is that you have a very small high protein snack 60 to 90 minutes before you sleep.

And the best for this is a handful of nuts or seeds. The best are handful of pumpkin seeds. The second best options are either five to six almonds or walnuts.

The third thing that you need to do is you need to do a double void strategy. This is a very common strategy used in nephrology clinics. What this means is that first you go for urination 30 to 60 minutes before bedtime and then you are going to go for a second urination just before you are laying down for bed.

This simple step of double urination before your bed has helped a lot of my clients. The next thing you need to do is that make sure you have majority of your fluid intake during the daytime.

What that means is that drink majority of your fluids during your morning and your afternoon time. Two to three hours before your bedtime in the evening, slow down your fluid intake.

In the evening and the nighttime, try to have only small sips of water. And the last thing that you need to do is make

sure you are including some anti-inflammatory things in your diet.

During the daytime, make sure you're either including turmeric or ginger in your diet or you are eating a lot of fatty fishes that is going to give you omega 3s.

Alternatively, you can take a supplement. I have created this specific Inflama Pro supplement, which is a very strong anti-inflammatory supplement because it is a combination of turmeric, ginger, vasovilia, quercetin and a lot of other anti-inflammatory herbs into it.

that is going to help in reducing inflammation in your body. The link will be in the description if you want to buy it. And that's it. These easy steps.

If you do it before your bedtime, that is going to significantly reduce the amount of time that you wake up in the night to pee. Obviously, it doesn't work in one day because your body needs different kinds of signaling.

And this protocol starts working one week to two weeks once you follow it on the regular basis. So nighttime urination is not all about bladder. It is all about these signaling hormones which are controlling your urination.

When to Seek Medical Advice

So you need to work on these signaling hormones to your body and you're going to see significant improvement in this problem. Obviously, this video doesn't replace any medical advice.

So if you're having significant problems like pain with urination, burning with urination or you're having blood in urination, make sure you're consulting a local doctor who can examine and give you advice properly.

So today I shared with you this simple night time routine that is going to help in reducing the night time pain problem that a lot of people have. So give this a try for one to two weeks and share in the comment section what difference you see.

I hope you like this video. If you do, please like and subscribe to my channel as well as share this with others who can benefit from this information.

Until next time, take care. Bye bye.