**Table 1**

## Causes of nocturia [7]

**Lower urinary tract:** Bladder outlet obstruction/overactive bladder/neurogenic bladder

**Renal:** Renal failure leading to water diuresis, salt diuresis, hypercalciuria, nephrogenic diabetes insipidus

**Hormonal:** Diabetes mellitus, diabetes insipidus, sex hormone deficiencies

**Sleep disturbance:** Obstructive sleep apnoea, restless legs syndrome, sleep disturbance syndromes

**Cardiovascular disease:** Hypertension, heart/liver failure, lower limb oedema, metabolic syndrome, lack of physical activity

**Dietary intake:** High fluid, protein or salt intake, obesity

**Pharmacological:** Diuretics