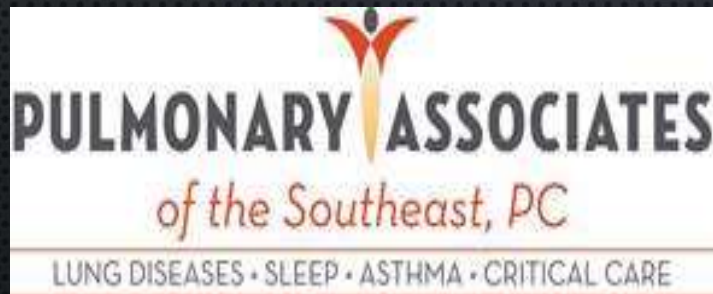
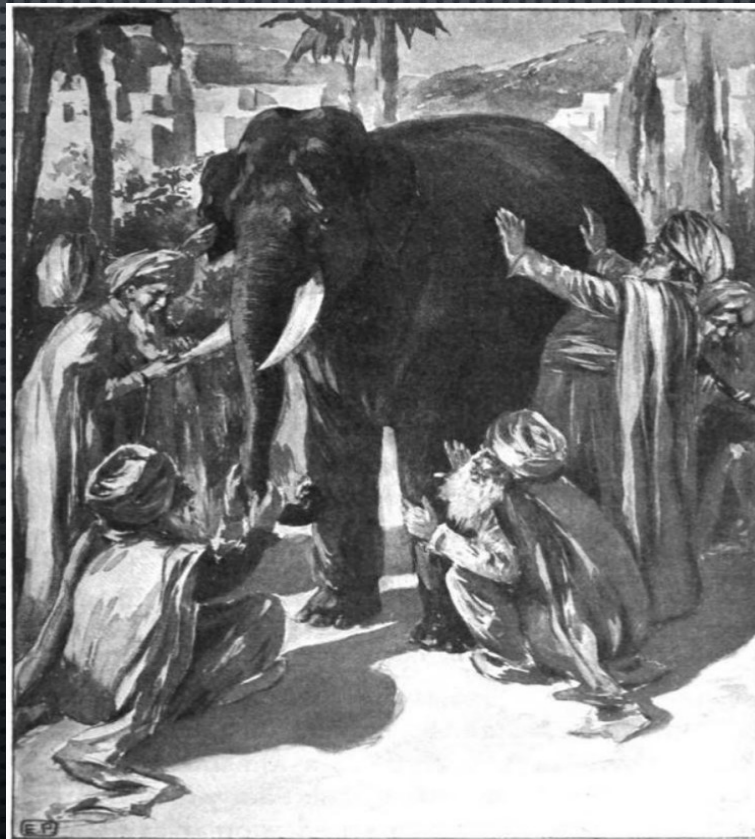


EFFECTS OF SLEEP ON MEN'S HEALTH

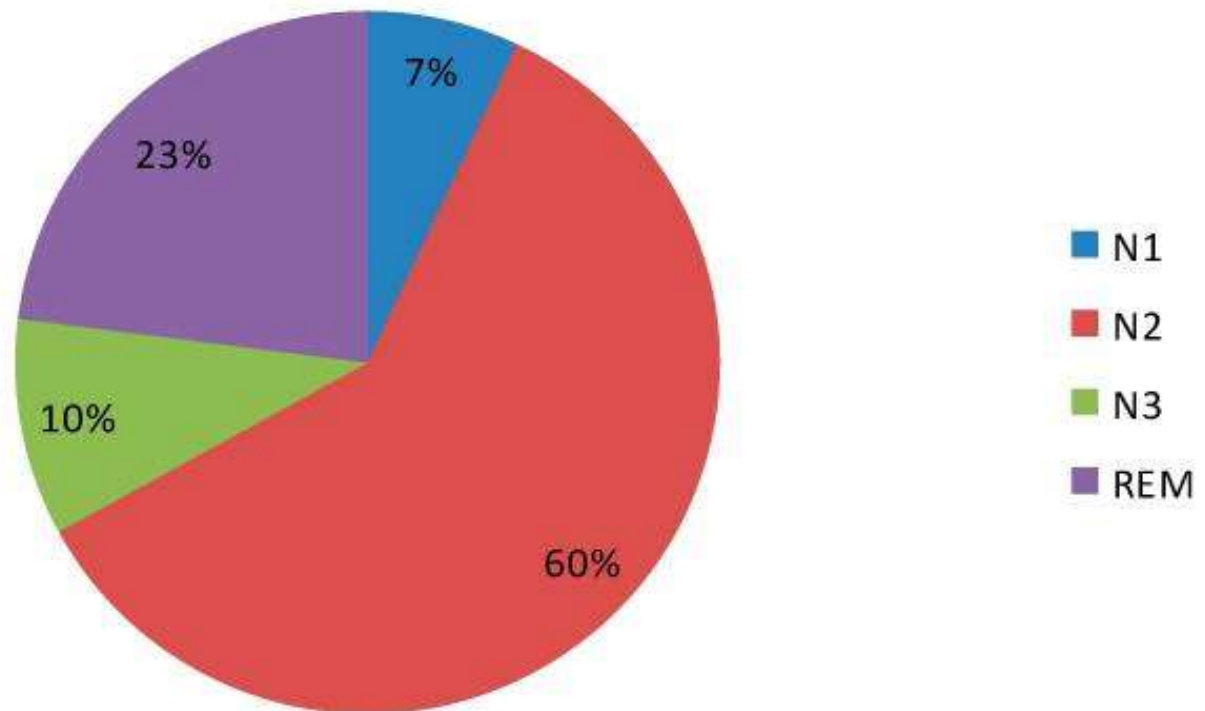
PRESENTED BY DR. DAVID FRANCO



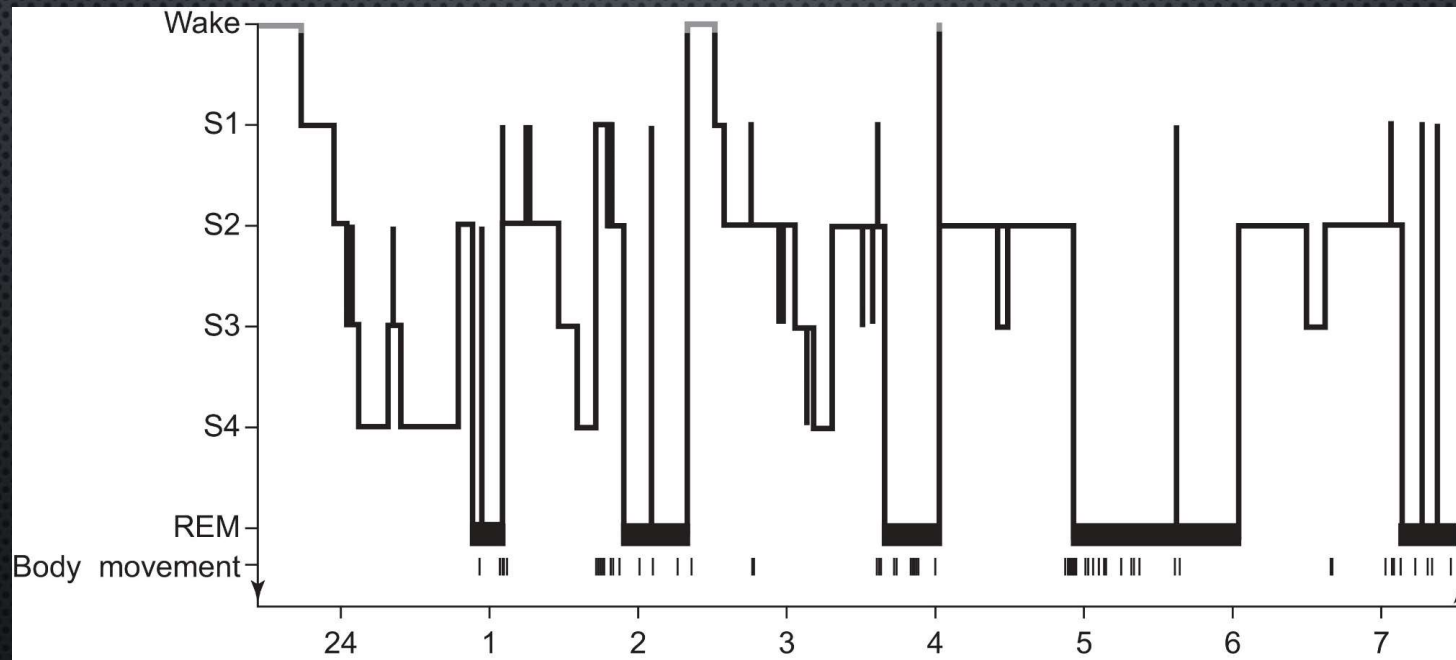
THE BLIND MEN AND THE ELEPHANT



NORMAL SLEEP ARCHITECTURE



NORMAL SLEEP ARCHITECTURE



REASONS FOR NOCTURNAL AWAKENINGS

Ancoli-Israel et al.

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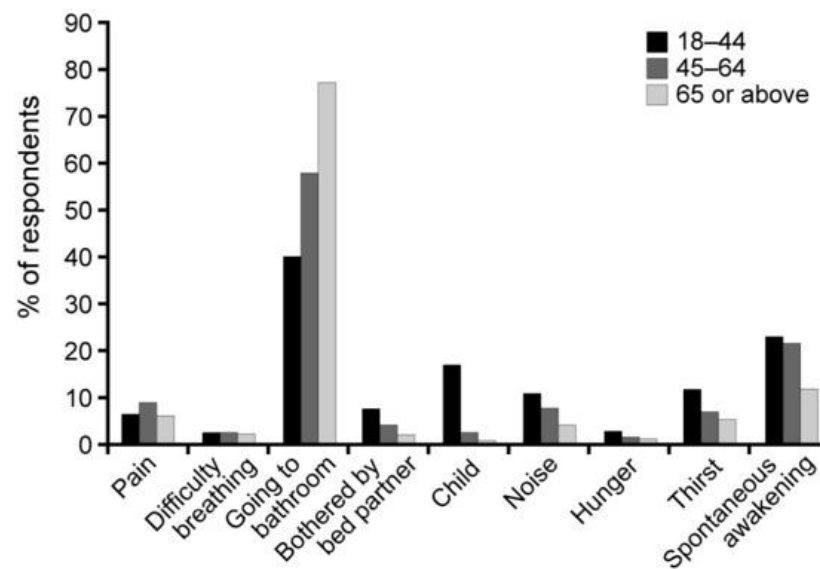
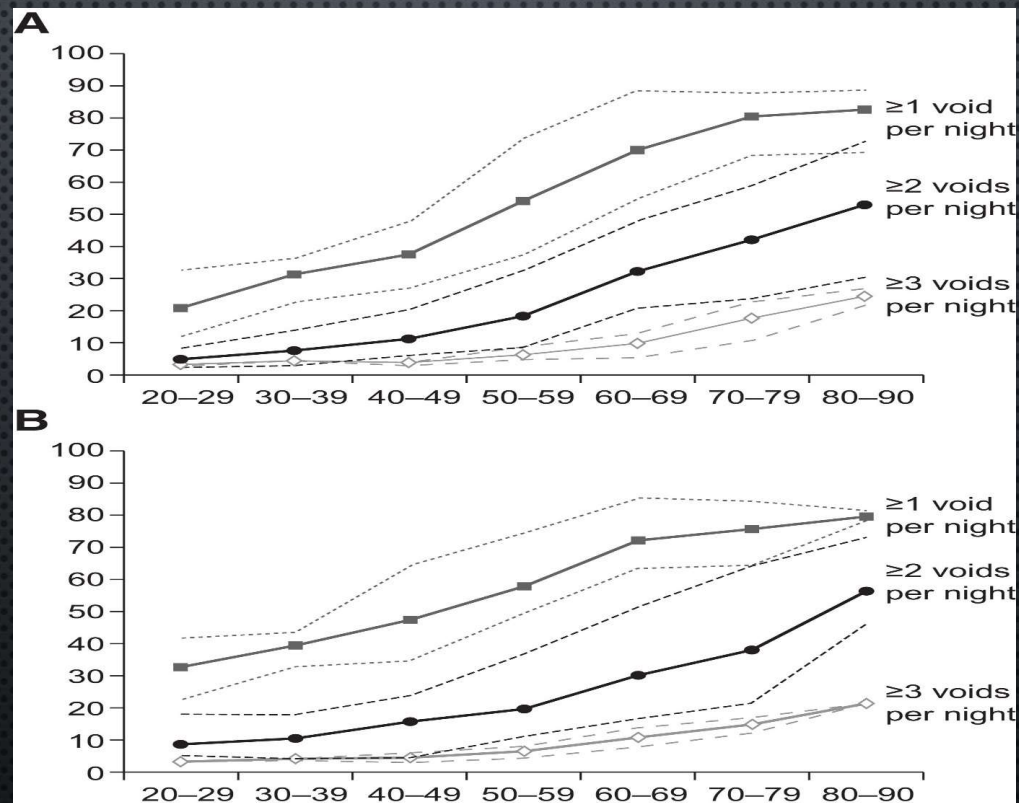


Figure 1.

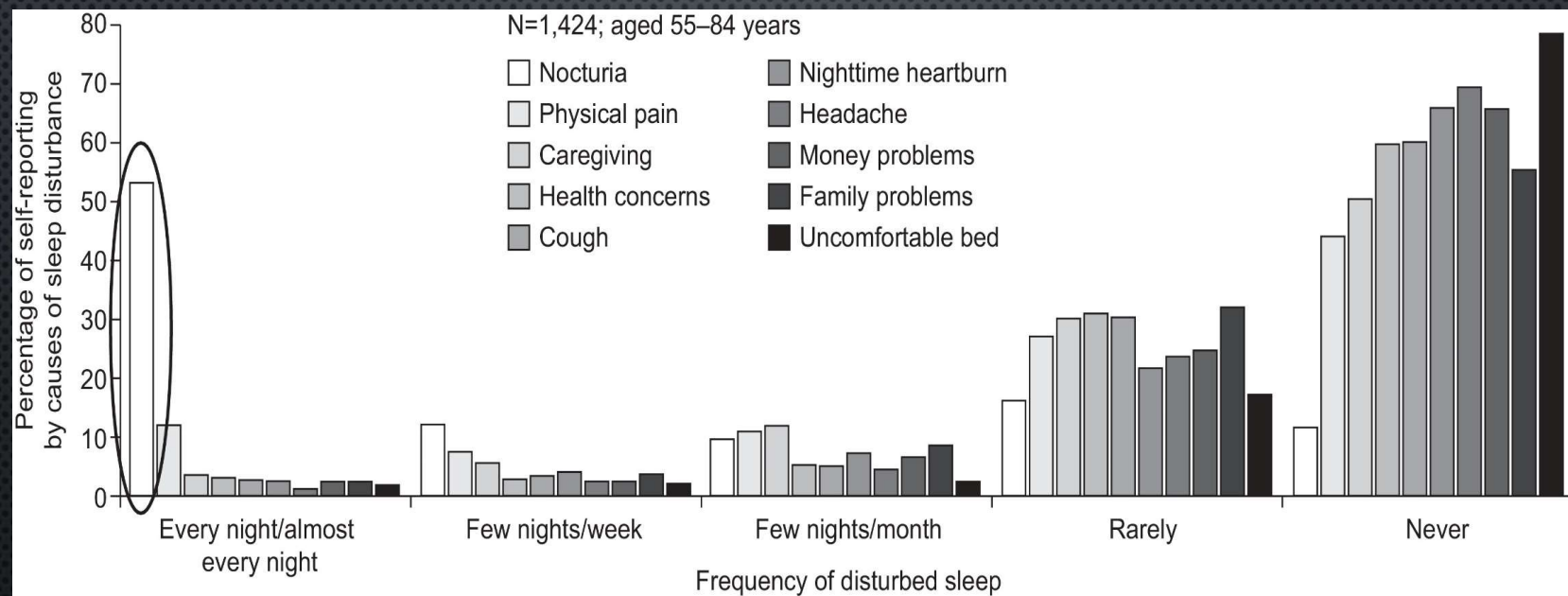
Reasons for nocturnal awakenings among the US general population by age group*⁸

*All reasons were cited as 'often'.

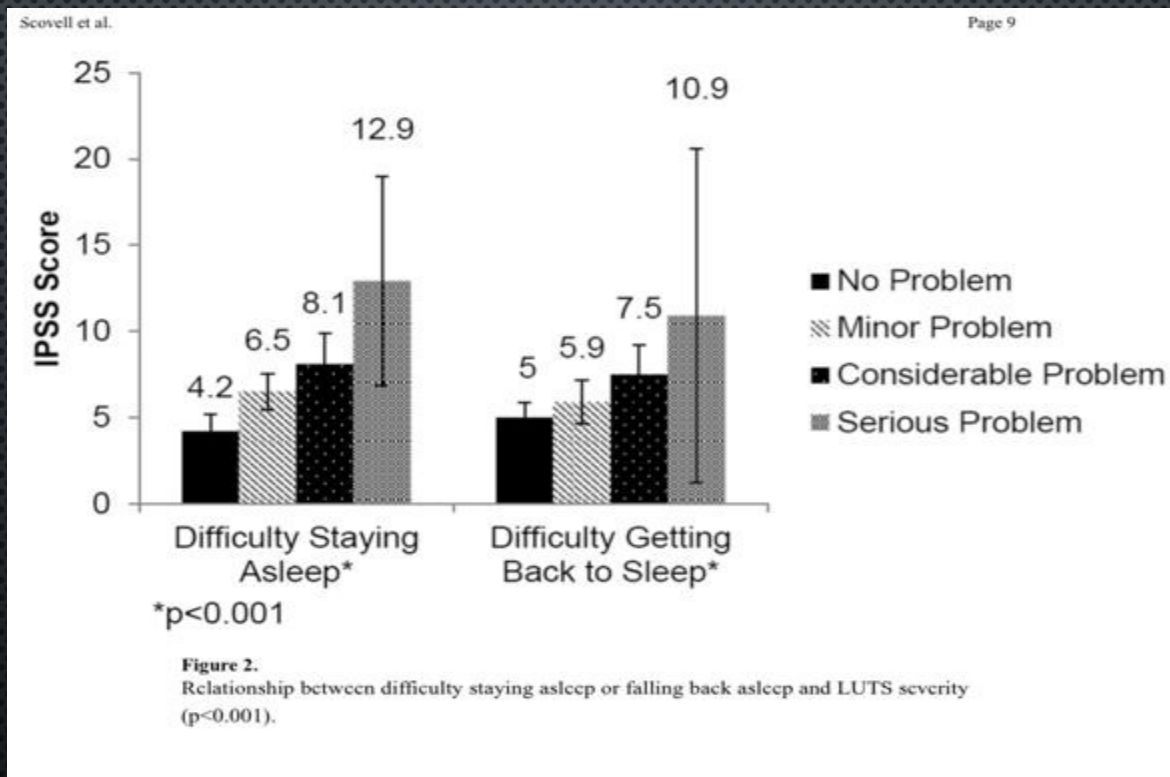
FREQUENCY OF NOCTURIA WITH AGING



NOCTURIA -MEDICAL AND SOCIAL COMPLAINTS



SLEEP MAINTENANCE INSOMNIA AND LUTS



EFFECTS OF NOCTURIA ON SLEEP AND HEALTH

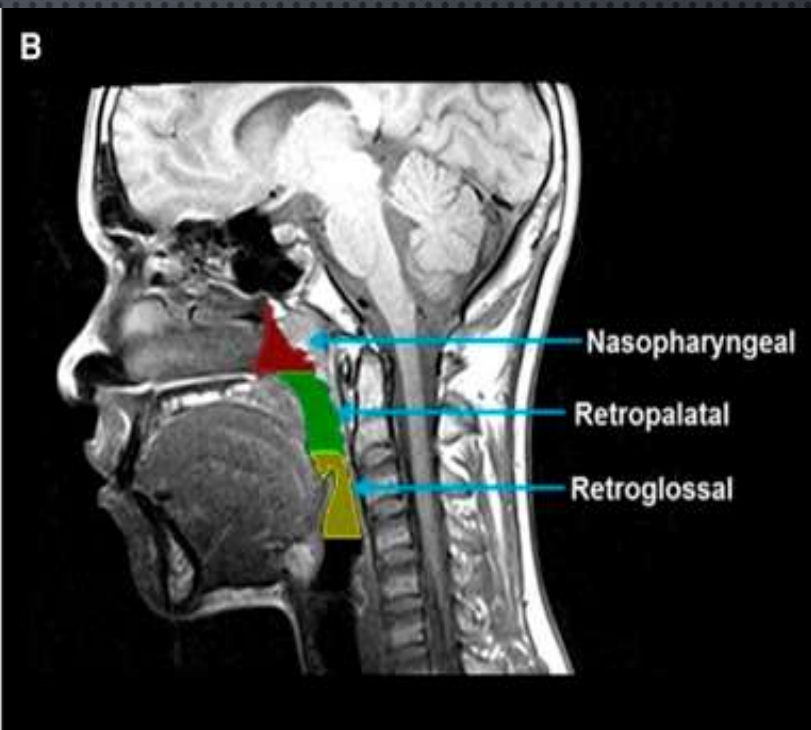
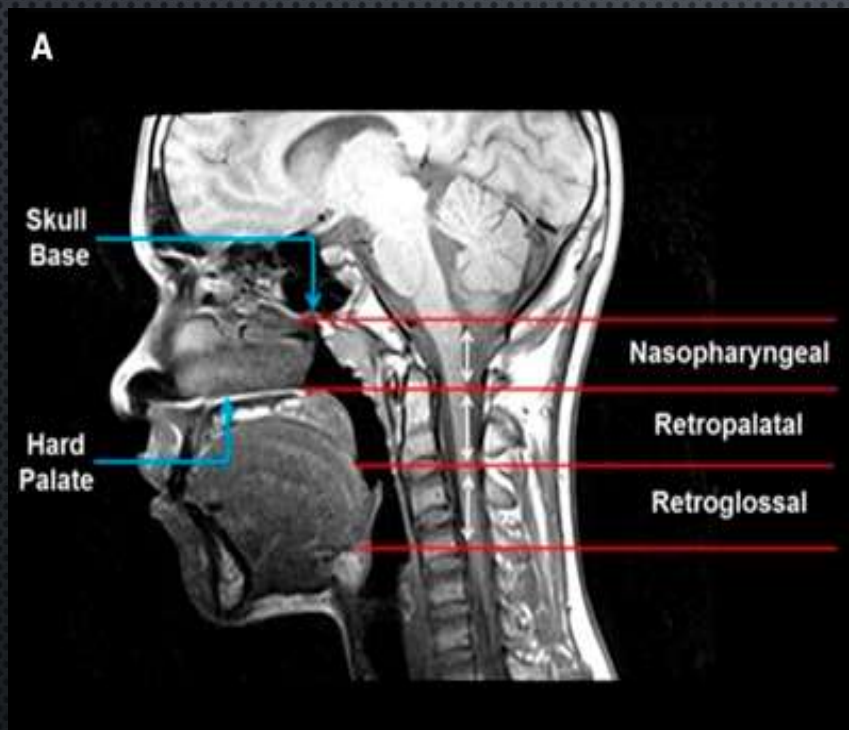
Ancoli-Israel et al.

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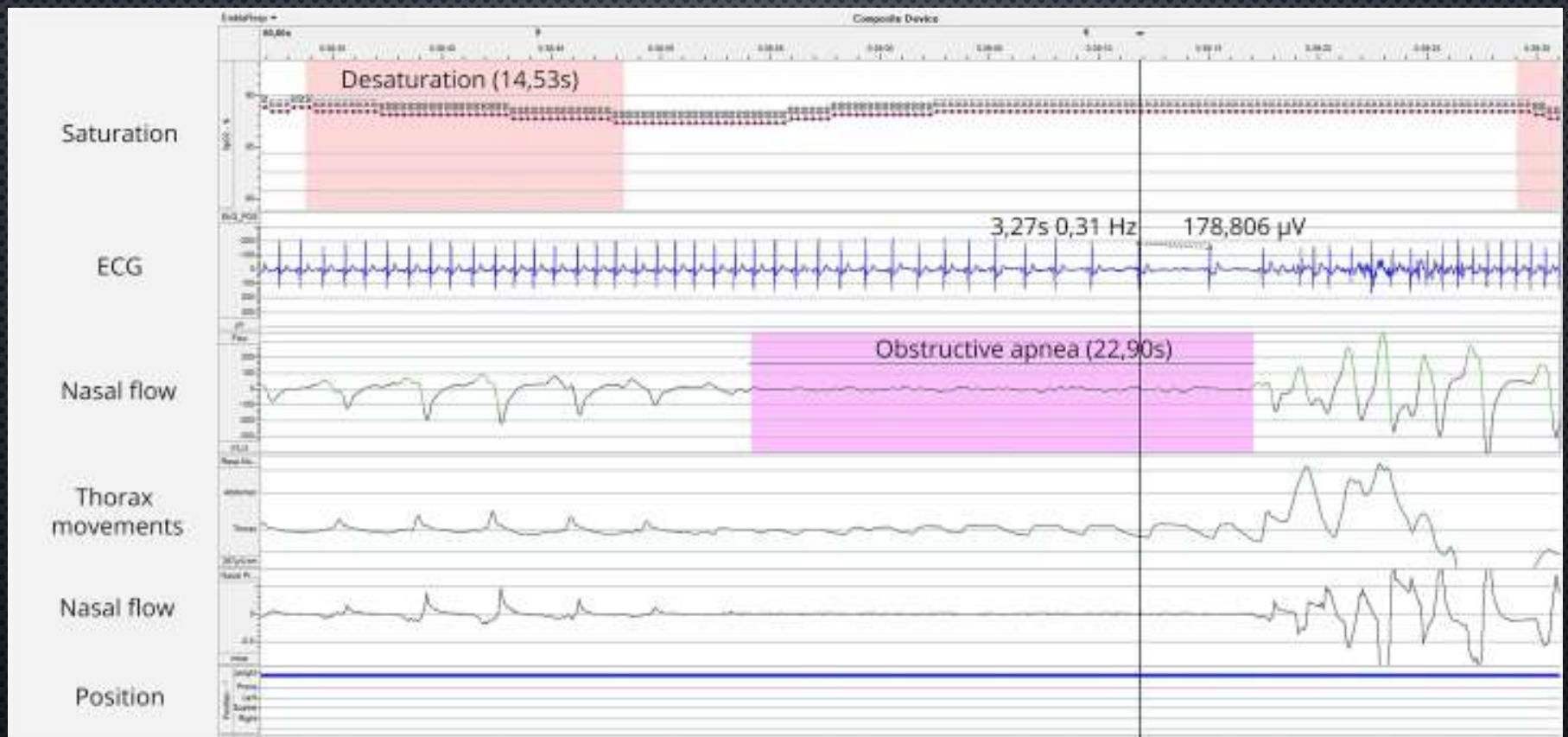
Practice points

- Chronic insomnia complaints are very frequent among older adults with nocturia, particularly difficulty falling asleep, fewer total hours of sleep, and difficulty falling back to sleep.
- Nocturia is an independent predictor of insomnia and deterioration of sleep quality
- Sleep apnea is associated with increased nocturia.
- Nocturia is also known to impair functioning, quality of life and productivity.
- Patients with two or more voids a night have a higher risk of mortality after controlling for co-morbidities
- In patients with insomnia co-morbid with nocturia, health care professionals should consider concurrent intervention for both conditions.

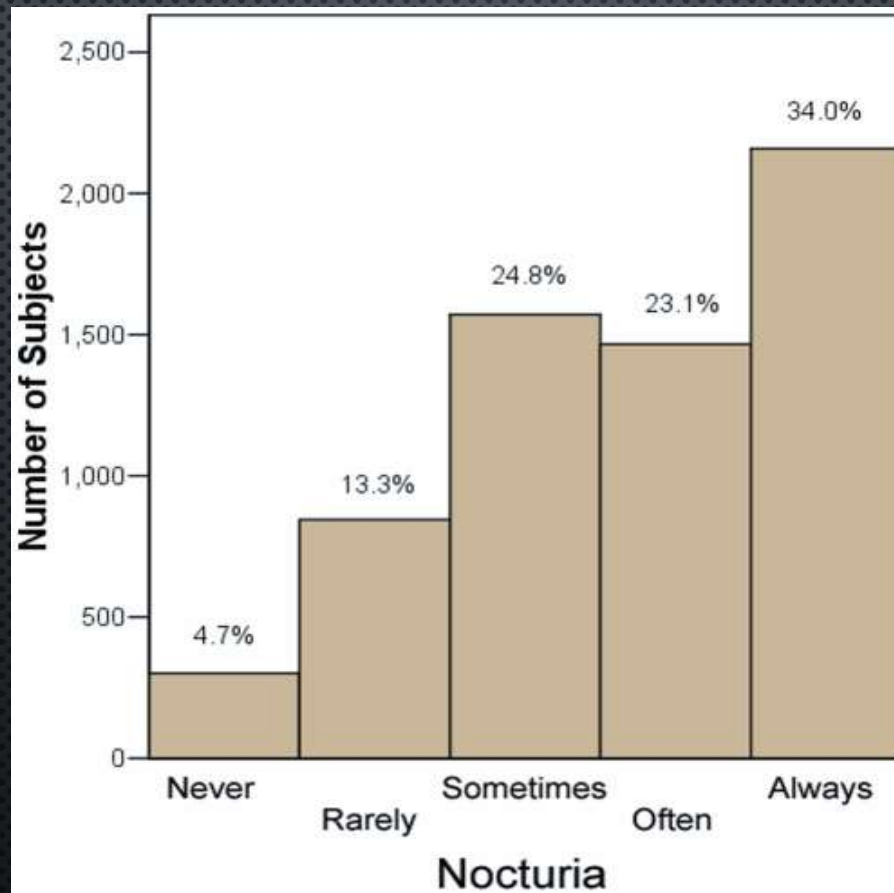
UPPER AIRWAY ANATOMY



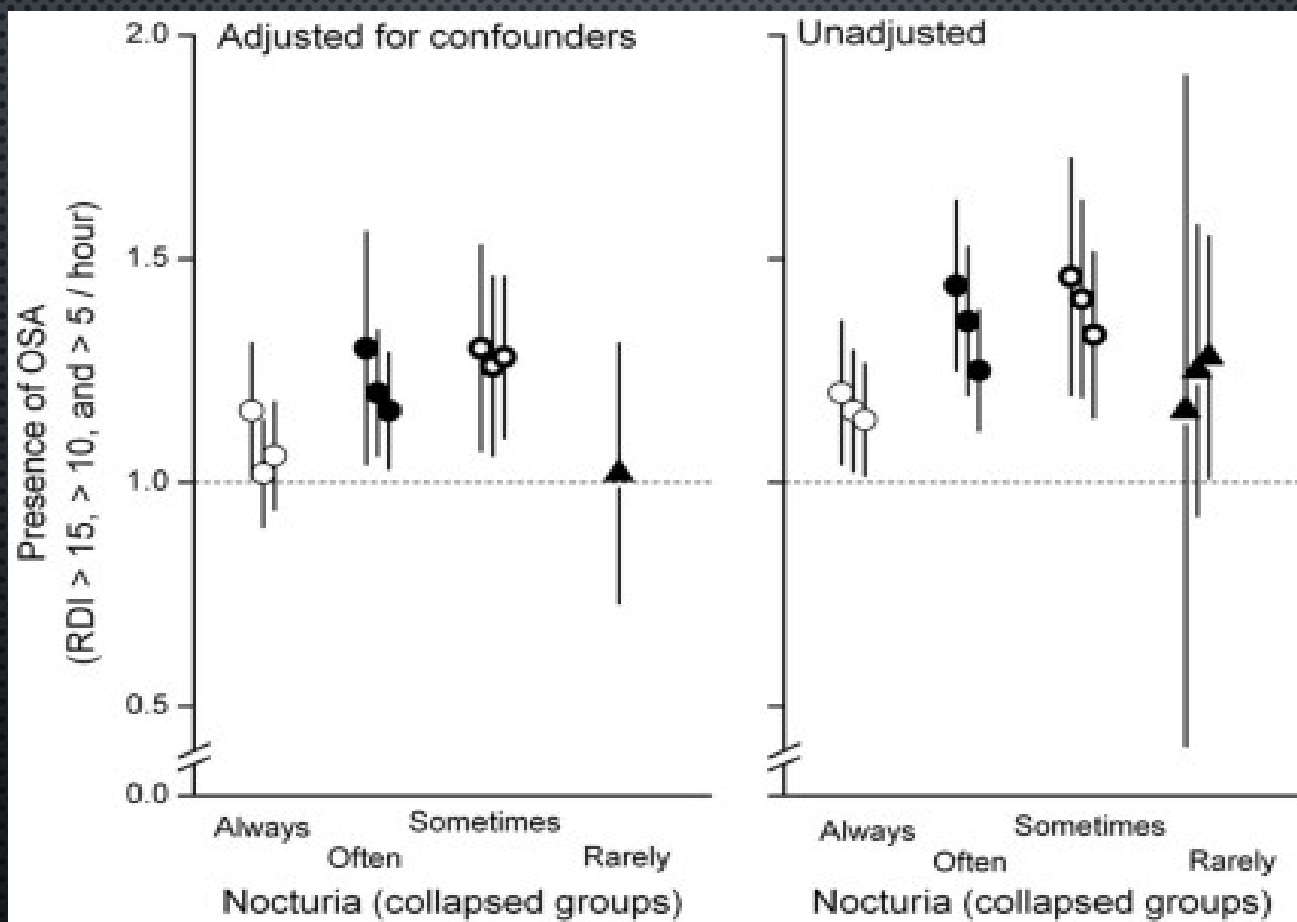
OBSTRUCTIVE SLEEP APNEA



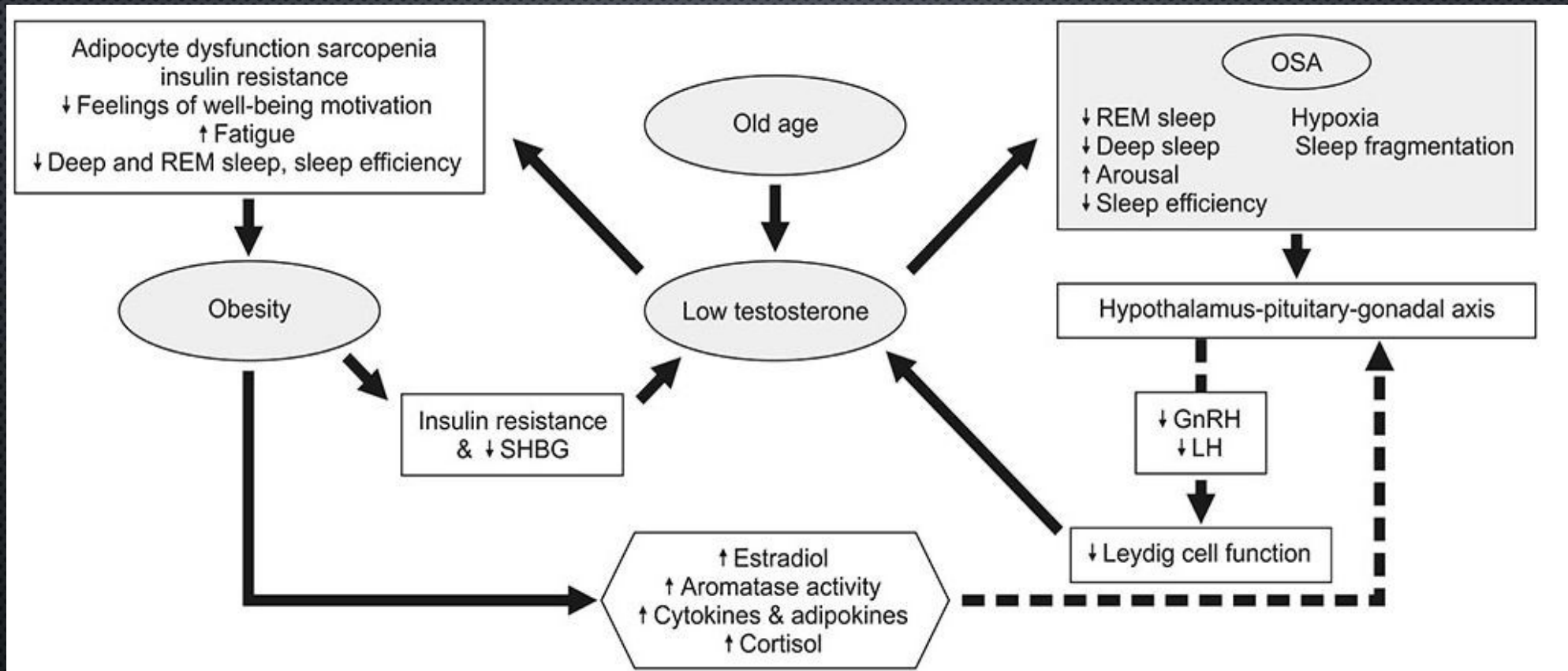
NOCTURIA IN SLEEP HEART HEALTH STUDY



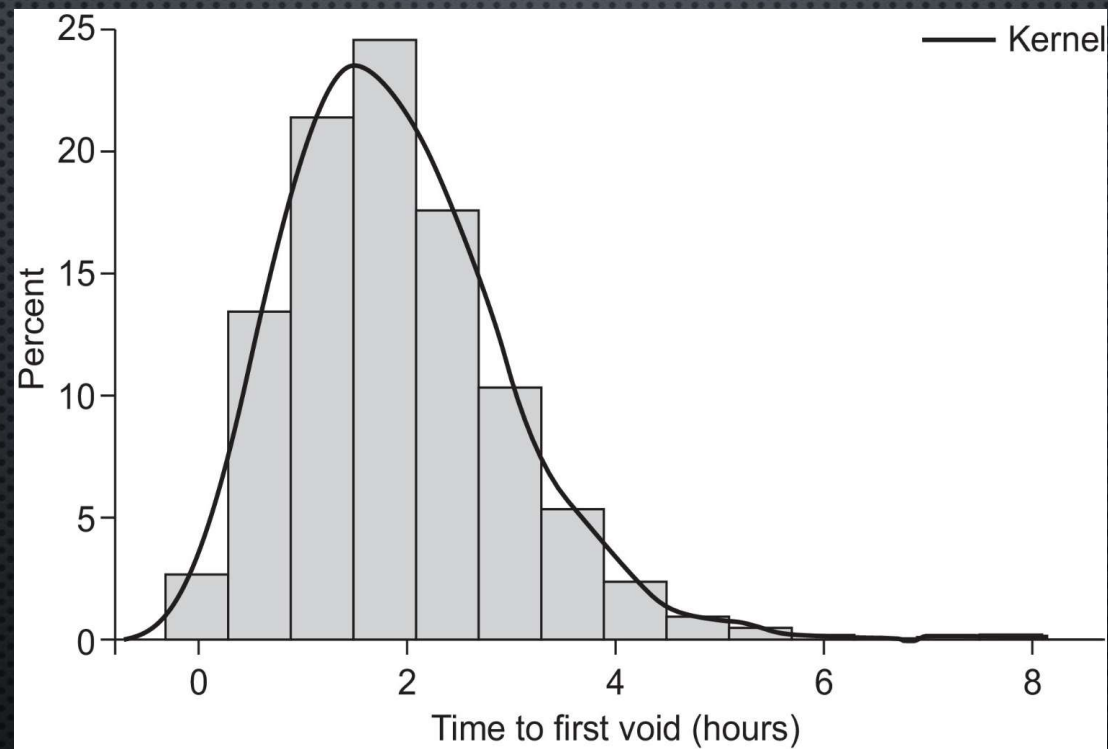
NOCTURIA AND OBSTRUCTIVE SLEEP APNEA



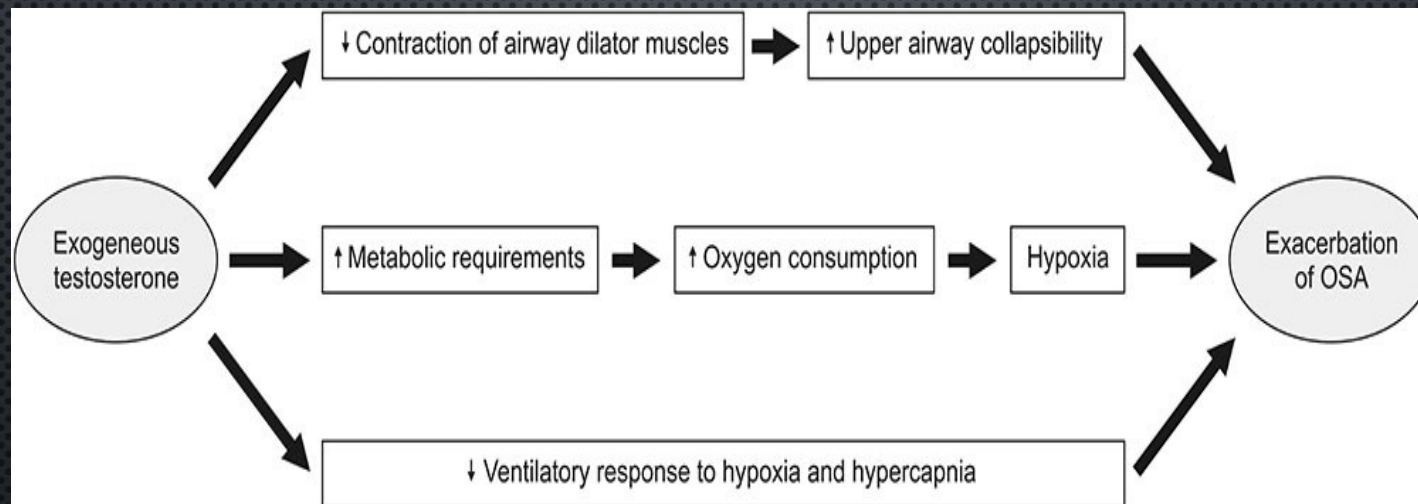
POTENTIAL EFFECTS OF OBESITY AND SLEEP APNEA ON TESTOSTERONE LEVELS



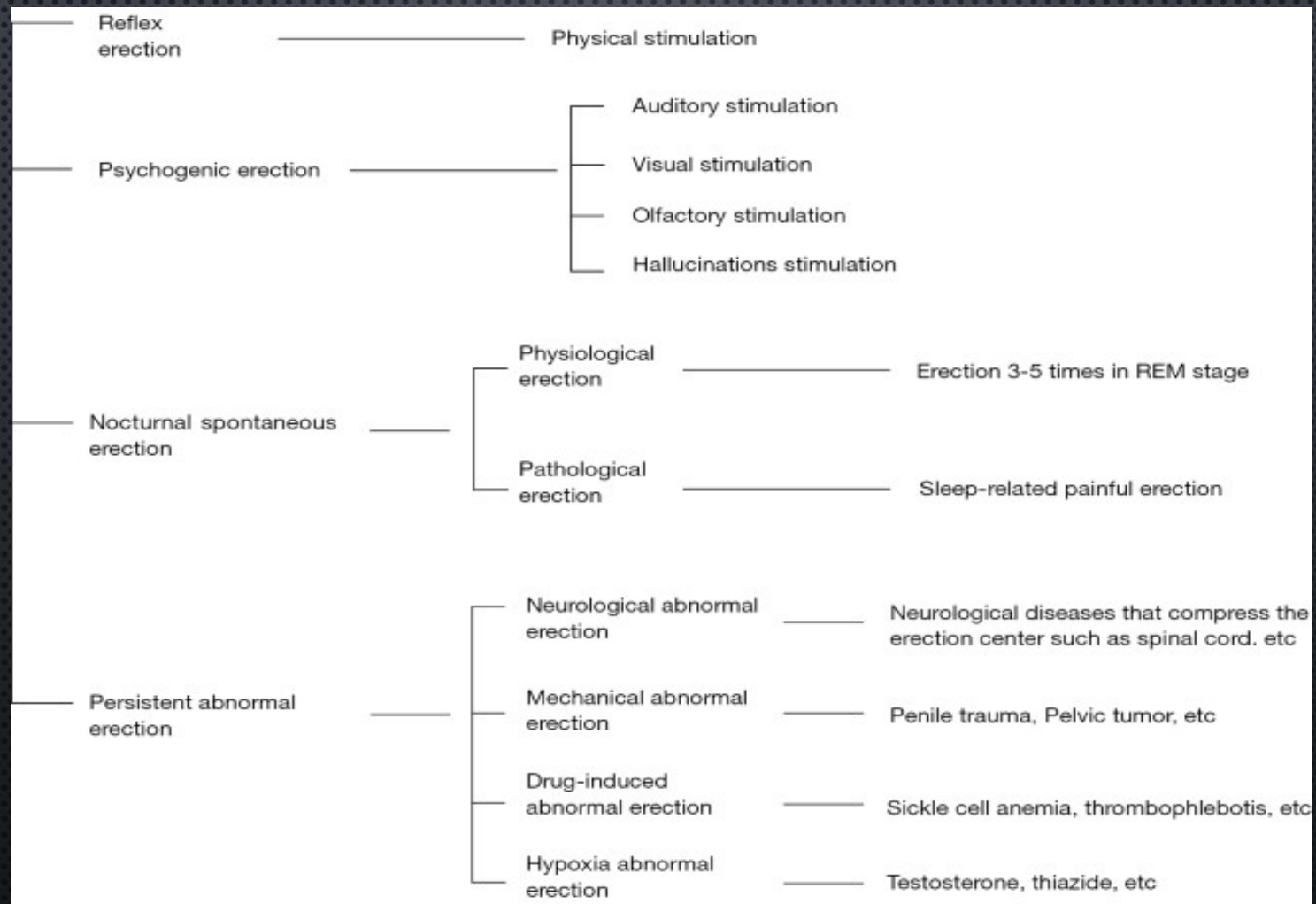
TIME TO FIRST VOID



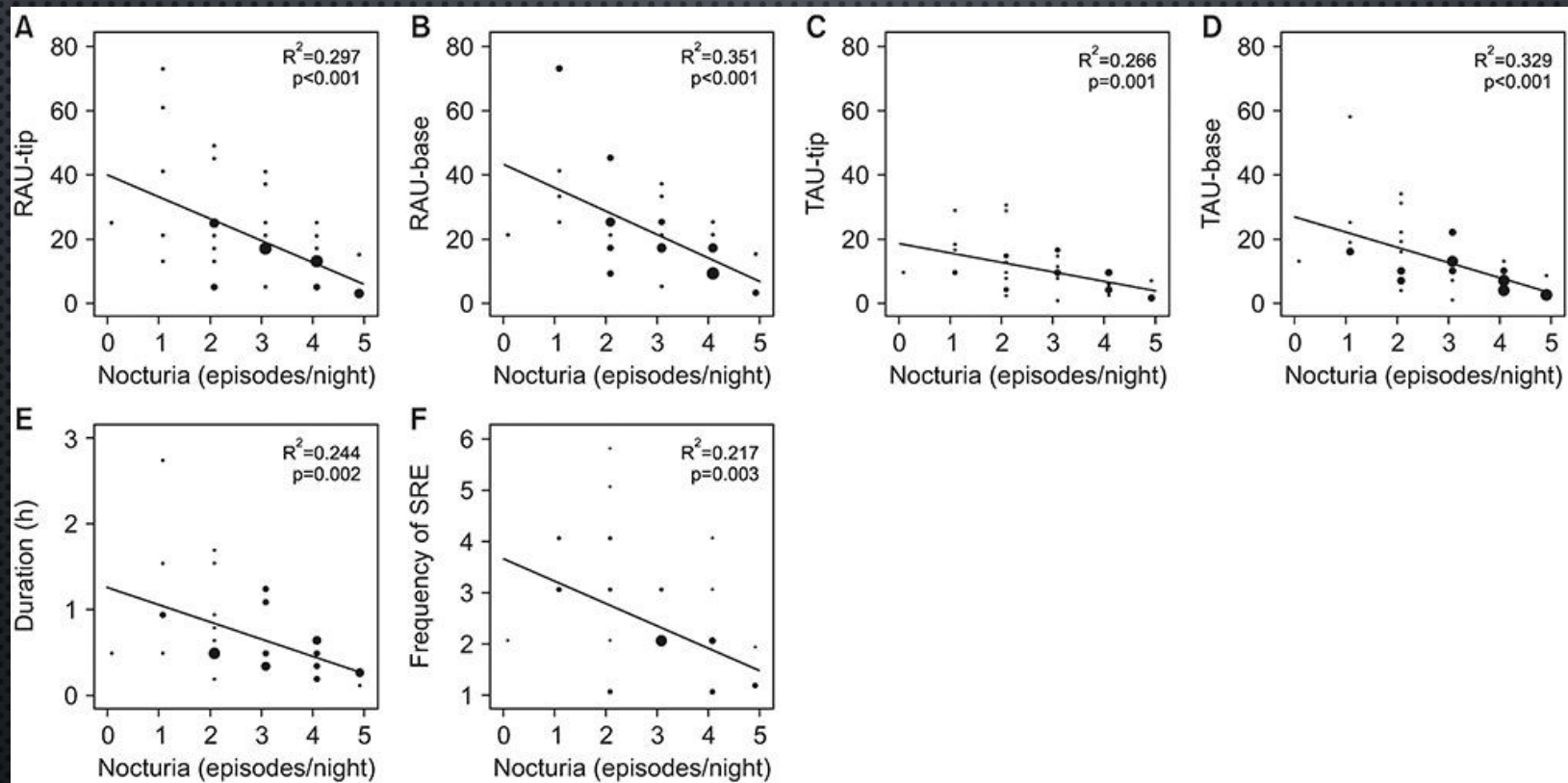
TESTOSTERONE EFFECT ON UNTREATED OSA



ETIOLOGY OF ERECTIONS

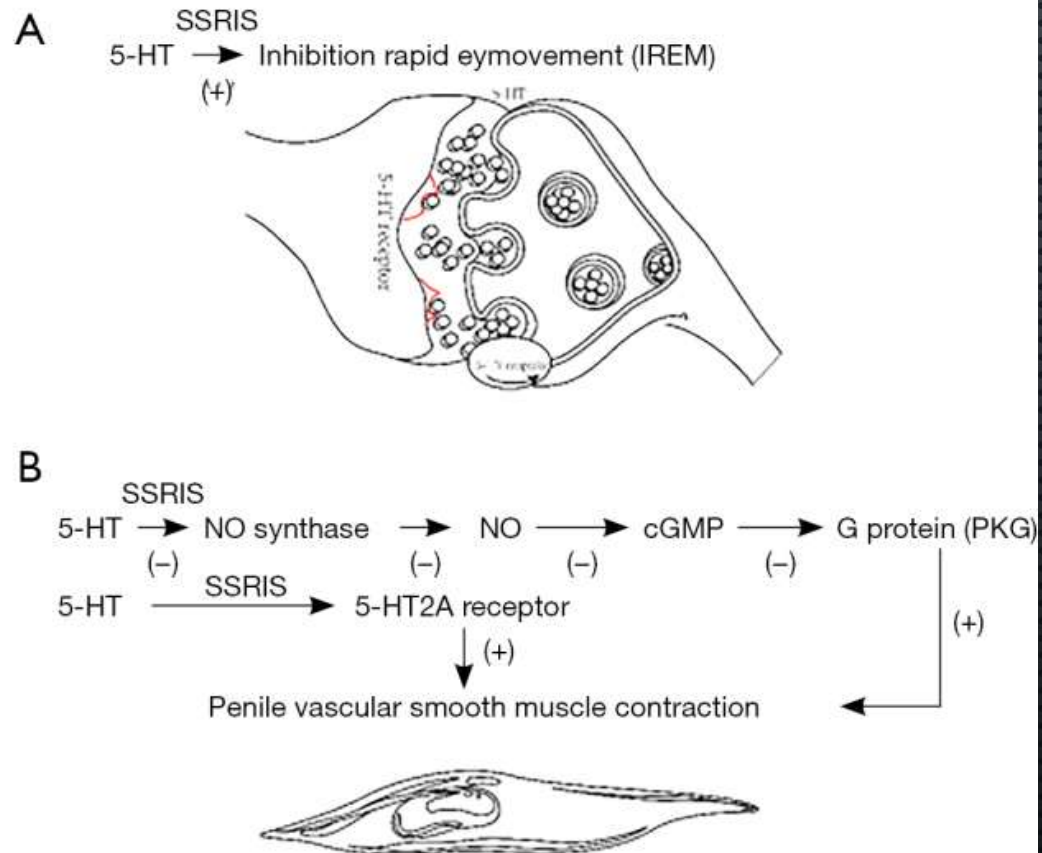


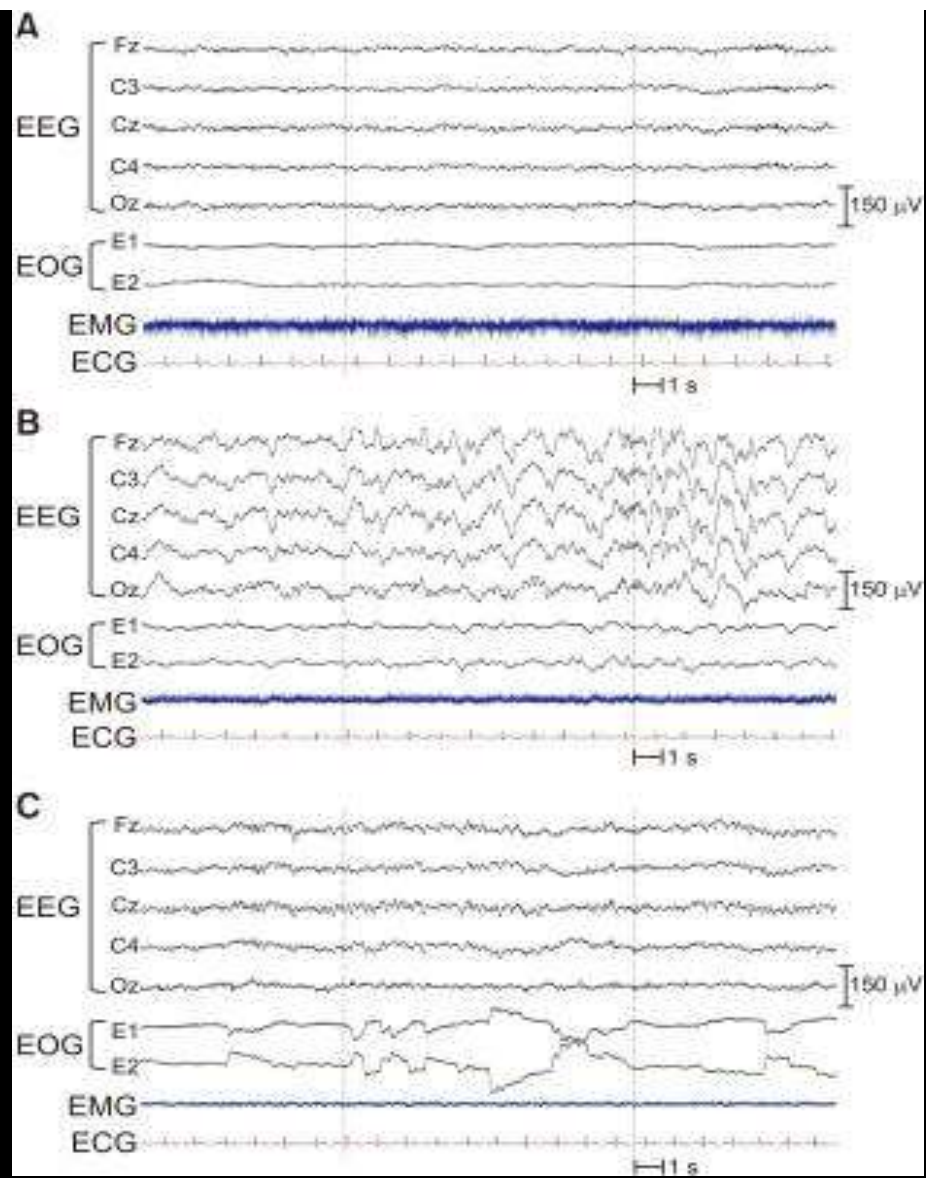
NOCTURIA AND SLEEP RELATED ERECTIONS

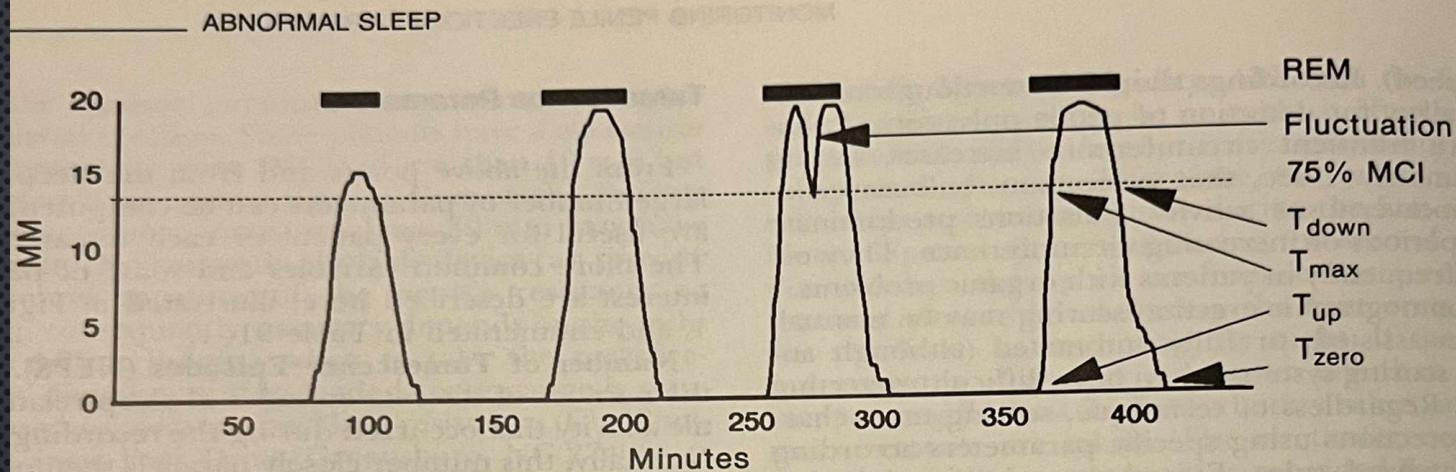


EFFECT OF SSRI ON ERECTION

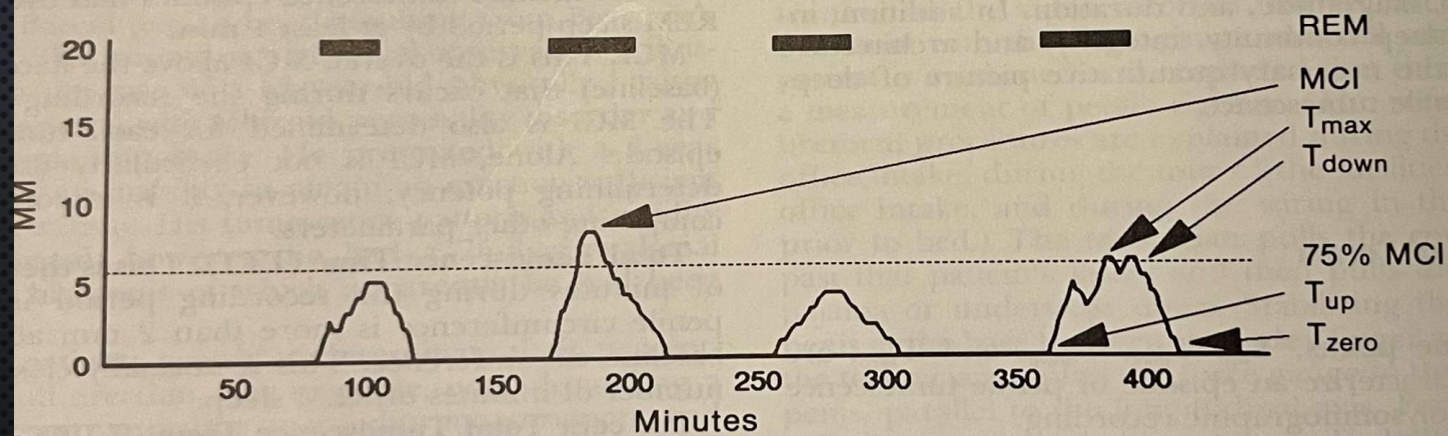
Selective serotonin reuptake inhibitors (SSRIS)







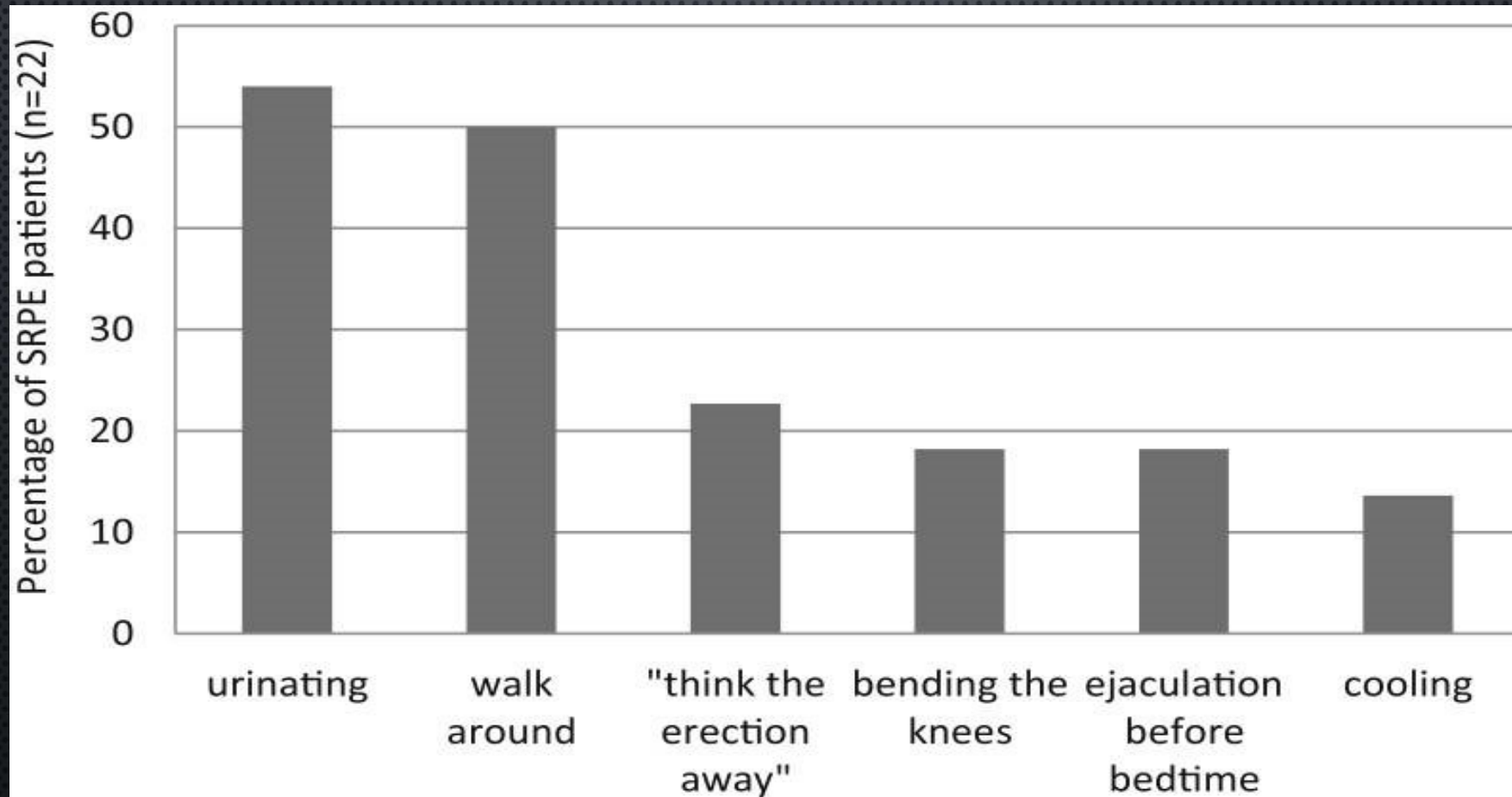
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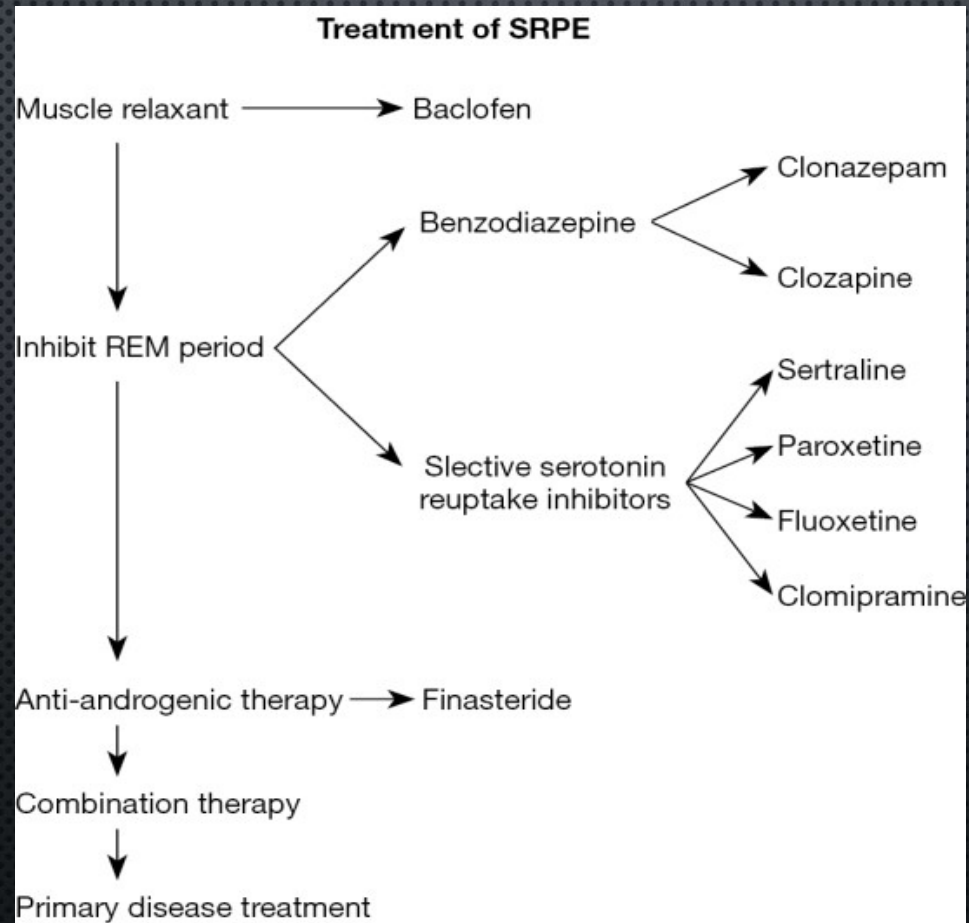
B

-1. A and B, Schematics of a normal sleep-related penile erection pattern from a young adult (*top*) and an abnormal pattern (*bottom*). The y-axis indicates circumference change in millimeters; the abscissas indicate elapsed time in minutes during polysomnography. REM sleep periods are indicated by the four dark bars along the top of the figures. Points (defined in the text) that are important for scoring the erection records are indicated by arrows for an erection episode in each figure.

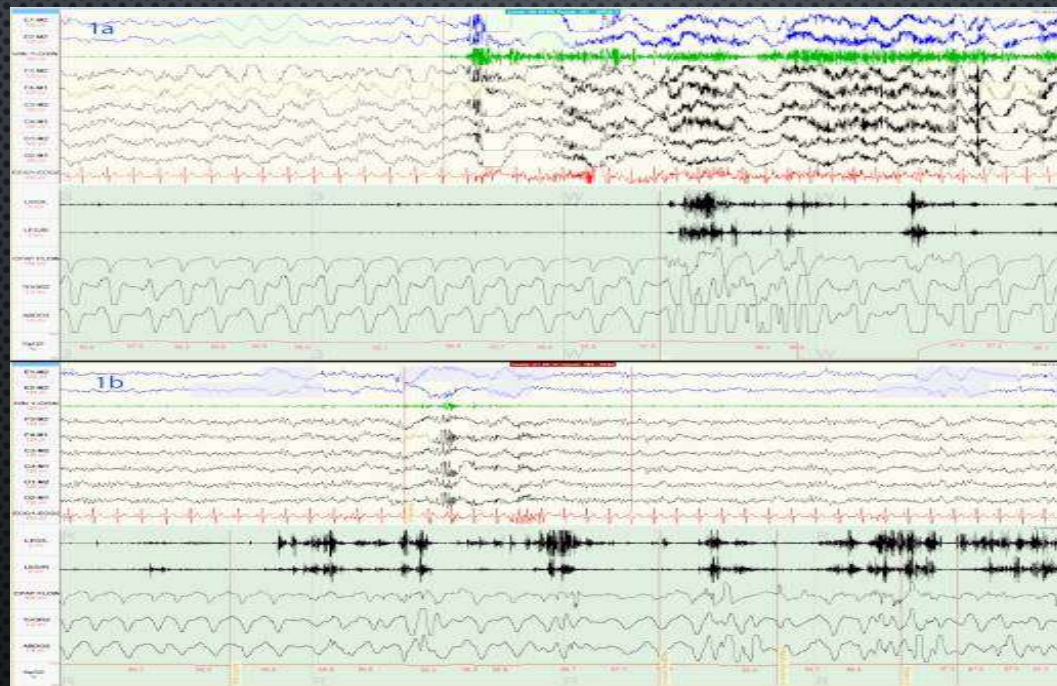
TERMINATING SLEEP RELATED PAINFUL ERECTIONS



TREATMENT OF SLEEP RELATED PAINFUL ERECTIONS



POLYSOMNOGRAPH DURING SLEEP SEX



THANK YOU

DR. DAVID FRANCO

