

# Poor sleep tied to urinary, prostate symptoms

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Poor sleep quality is associated with an increased prevalence of lower urinary tract symptoms (LUTS)/benign prostatic hyperplasia (BPH), according to a study published online Oct. 24 in *Frontiers in Aging*

*Neuroscience.*

Yifan Li, from the West China Hospital of Sichuan University in Chengdu, and colleagues evaluated the association between [sleep disorders](#) and LUTS/BPH among Chinese men. The analysis included 11,824 survey respondents.

The researchers found that when adjusting for confounding variables, the global Pittsburgh sleep quality index score (odds ratio [OR], 1.257) and its five components (subjective sleep quality: OR, 1.376; sleep latency: OR, 0.656; [sleep duration](#): OR, 1.441; habitual sleep efficiency: OR, 1.369; and daytime dysfunction: OR, 1.702) were significantly positively correlated with LUTS/BPH prevalence. There were significant interaction effects seen by age subgroups, with sleep disorders more significantly associated with the risk for LUTS/BPH among older participants.

"Our findings suggested that sleep disorders are associated with an increased prevalence of LUTS/BPH. Moreover, the significant interaction between age and sleep disorders showed that [older people](#) are more likely to develop LUTS/BPH due to sleep disorders," the authors write. "Our study provides data support for the possible future proposal to prevent LUTS/BPH by improving sleep disorders. Their potential biological mechanisms need to be further studied."

**More information:** Yifan Li et al, Association of sleep quality with lower urinary tract symptoms/benign prostatic hyperplasia among men in China: A cross-sectional study, *Frontiers in Aging Neuroscience* (2022). [DOI: 10.3389/fnagi.2022.938407](https://doi.org/10.3389/fnagi.2022.938407)

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