Month 125—Urinary Frequency

For the last month or two, I notice that I've been getting up multiple times to empty my bladder. This has negatively affected my sleep.

May 7, 2021 By Dan Zeller

The only constant is change, and things have been changing for some inexplicable reason on the urinary frequency front, especially at night.

For years after my surgery, I could make it through most nights without having to get up and use the toilet. If I did, it was only once per night. In the last month or two, I've been noticing that I've been getting up two, three, and even four times a night to drain my bladder. That certainly impacts quality and quantity of sleep.

I wish I had an explanation for it. I really haven't changed any drinking habits where I'm drinking lots of liquids all evening long or just before going to bed. It's just happening.

Perhaps the only plausible explanation is that I have been trying to go to bed about an hour to an hour and a half earlier than I used to (I was a terrible night owl), and that means longer time in bed. I'll just start a little spreadsheet to track it all to see if I can see a pattern emerging. (Nerd!)

My next PSA test will be near the end of June with the doctor's appointment on 6 July 2021.

Other than that, things are slowly improving in San Diego. we've moved from the Purple Tier to the Red Tier and now to the Orange Tier, meaning that things have become less and less restrictive on the COVID front. Let's hope that we continue to move in the right direction.

As far as vaccinations are concerned, 25% of all adults in San Diego are fully vaccinated, and 50% have had at least one dose. That's good.

Stay well!

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