Sleep and bladder diary for nighttime urination

An evening, two nighttime trips and the first morning visit

This fictional excerpt starts with dinner on Monday and ends after waking on Tuesday. On a full diary day, enter daytime drinks and bathroom visits too. Amounts here illustrate how to enter a unit or mark a measurement as missing.

Drinks and bathroom visits

Approximate time	Drink and amount	Urination amount	Part of day	Urge, leakage or discomfort
Mon 18:30	Water, 250 mL	—	Evening meal	—
Mon 22:20	—	Not measured	Before bed	Ordinary urge
Tue 01:10	—	150 mL	During sleep period	No strong urge
Tue 03:35	—	220 mL	During sleep period	Strong urge; no discomfort
Tue 06:50	—	Not measured	First morning visit	Ordinary urge

Main sleep period

Question	Entry
Bedtime / final waking	In bed at 22:40 Monday. Woke for the day and got up at 06:45 Tuesday.
Bathroom trips during intended sleep	Two. I recorded the 06:50 first morning visit separately.
Morning feeling, observations and context	Felt tired. My partner made no report about sounds. Amounts before bed and after final waking are unknown.

Awakening notes

Approximate time	What I remember	Bathroom visit?	Return to sleep
Tue 01:10	Already awake. Heard a door; then decided to go.	Yes	About 10 minutes
Tue 03:35	Urge first. Needing the bathroom was the first thing I noticed.	Yes	Unknown
Tue 05:20	Unsure what woke me.	No	About 5 minutes

Only two of the three remembered awakenings included a bathroom visit. A dash marks a field that does not apply to that event. “Not measured” leaves the amount unknown.