

# How to Reduce Nighttime Urination | Dr. Andrew Huberman

<https://silosolo.com/276697>

## Summary

Fluid filtration from the body is circadian dependent, with the kidney functioning at a high level during the first 10 hours after waking. Circadian clock genes strongly impact the functioning of certain cells, such as the kidney. After 10 hours of waking, the kidney reduces its overall level of functioning. To reduce nighttime waking to urinate, it is recommended to hydrate sufficiently during the day, reduce fluid intake at night, and sip fluids instead of gulping them. It is advised to consume no more than five ounces (or less) of fluid between 10 hours after waking and before sleep.

## Silo sample questions

- Why do we need about eight ounces of fluid per hour for the first 10 hours of our day after waking?
- What are circadian clock genes and how do they affect kidney function?
- What happens to kidney function after 10 hours of waking?
- How can you reduce nighttime waking to urinate?
- What is the recommended fluid intake in the later part of the day and before sleep to avoid excessive waking up to urinate?

## Topics

Fluid filtration

Circadian clock genes

Kidney function

Reducing nighttime waking to urinate

Fluid intake recommendations

## Key Takeaways

- Fluid filtration from the body is circadian dependent and the kidney functions at a very high level during the first 10 hours after waking.
- Circadian clock genes are genes that are expressed in every cell but strongly impact the functioning of certain cells, such as the kidney. They regulate the activation and functioning level of the kidney.
- After 10 hours of waking, the kidney reduces its overall level of functioning and becomes less efficient at filtering fluid.
- To reduce nighttime waking to urinate, you can hydrate sufficiently during the day, reduce fluid intake at night, and sip fluids instead of gulping them.
- It is recommended to consume no more than five ounces (or less) of fluid between 10 hours after waking and before sleep, and to sip the beverages instead of gulping them.

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