



Raising Awareness of Night Time Bladder Problems

- Does your bladder wake you up frequently at night to pass urine?
- Do you experience disturbed sleep due to your bladder?
- Do you feel exhausted during the day due to passing urine a lot during the night?

If you answer YES to any of the above, would you like to be part of a project to raise awareness of night time bladder problems? This will help people like you understand the condition and get the help and support needed to ease symptoms.

Please email: bladderandboweluk@disabledliving.co.uk

Or visit www.bbuk.org.uk/night-time-bladder-problems for more information and to download the poster as a PDF file.



Tel: 0161 607 8219

Web: www.bbuk.org.uk

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