Want to know why bladders keep us up at night?

Whether you get up to go at night or not, we need your help! The UCLA Center for Women’s Pelvic Health is researching the relationship between sleep and nighttime urination patterns.

Try out new technology!
WHOOP 4.0 is a new fitness tracker that also evaluates sleep patterns.

Help us better understand nocturia!
There may be a relationship between sleep patterns and nighttime urination habits.

You may be eligible if you:
- Are a woman between age 18 - 80
- Have a smartphone
- Feel comfortable discussing and tracking your sleep and bladder habits for two weeks

AND

- Have no bladder history and get up to urinate 0-1 times per night, on average

OR

- Have overactive bladder and get up to urinate 2+ times per night, on average

Participants will be eligible for up to $50 compensation

Contact Us
- 424-946-5570
- caburke@mednet.ucla.edu

Scan the QR code to take a screening survey and find out more!