



# Bed-Wetting Alarms

Almost all children and teens who wet the bed need to get up during the night to urinate. A bed-wetting (enuresis) alarm, which is activated by moisture, can help your child learn to awaken in time to go to the bathroom. The new models are lightweight and easy for the child to operate. Enuresis alarms can be used on any child age 5 and up who wants to try one. On the other hand, they should never be imposed on a child at any age, even a teenager, if they don't want to use one.

## Directions for Your Child on Using a Bed-Wetting Alarm

- 1) This is your alarm. It can help you cure your bed-wetting if you use it correctly. Remember that the main purpose of the alarm is to help you get up during the night and use the toilet. The alarm won't work unless you listen for it carefully and get up as soon as you hear it. Better yet, get up before the alarm goes off.
- 2) Hook up the alarm system by yourself. Trigger the buzzer a few times by touching the moisture sensor with a wet finger and practice going to the bathroom as you will do if it goes off during the night.
- 3) Have a night-light or flashlight near your bed so it will be easy to see what you are doing when the alarm sounds. Turn on the night-light when you go to bed.
- 4) Give yourself a pep talk at bedtime. Remind yourself that you want to try to "beat the buzzer." You want to wake up when your bladder feels full but before any urine leaks out. If the buzzer does go off, you are going to try to wake up and stop urinating as soon as you think you hear the alarm, even if you think you are hearing it in a dream.
- 5) As soon as you hear the alarm when you are sleeping, wake yourself up and close the valve to your bladder to stop urinating. Then jump out of bed and run to the bathroom.
- 6) In the bathroom empty your bladder to see how much urine you were able to hold back. Then work on turning off the buzzer by removing the metal strip from the little pocket in your underwear if you have a Wet-Stop, or disconnect the clips if you have a Nytone and dry them off.
- 7) Put on dry underwear and pajamas and reconnect the alarm. Put a dry towel over the wet spot on your bed. Remind yourself to get up before the alarm buzzes next time.
- 8) In the morning, write on your calendar for that day DRY (no alarm), WET SPOT (you got up after the alarm went off), or WET (you didn't get up).
- 9) Use the alarm every night until you go 3 or 4 weeks without wetting the bed. It usually takes 2 to 3 months before you can go 3 or 4 weeks without wetting, so keep working at it.