

ALARM TRAINING

Using an alarm is a good way of overcoming bedwetting

It helps by giving you a prompt to wake up as soon as you start to wee.

If the alarm triggers

1. **Wake up**
2. **Stop weeing**
3. **Switch it off as quickly as you can**
4. **Visit the loo to finish off weeing**

And then...

- Remove wet sheets
- Remake the bed – normally you should not need to reset the alarm
- Clean the sensor/mat in the morning (you may need some help with this from Mum/Dad)

Bedtime

- Avoid drinking a lot in the 2 hours before bedtime before going to sleep
- Have 2 wees – one before you get undressed and a last one just before going to sleep
- Practise laying in your bed and imagine your bladder is full and get up to use the loo
- Set up the alarm
- Switch off your light

Beat the alarm

- Before you fall asleep think "I'll wake up if I need a wee"
- If you do wake up make sure you go for a wee
- Don't forget to mark this on your chart as SELF WAKING

Use the **PROGRESS CHART** to record:

- If you wake up to use the toilet
- Time the alarm is triggered
- If the alarm woke you up
- The size of the wet patch
- DRY nights – note if you slept through or woke to wee
- Mum/Dad can help if necessary

Check your progress

You may find:

- The wet patches get smaller
- The alarm triggers later in the night
- More DRY nights

Remove the alarm after 14 consecutive dry nights