

Assess whether a bedwetting alarm is the right solution for your child here:

Assessment Criteria	No	Maybe	Yes
Child wants to stop bedwetting	Start night toilet-training with a bedwetting alarm		
Child does not care about bedwetting	Discuss the benefits of being a dry sleeper with your child: <ul style="list-style-type: none"> • Can go on camps and sleepovers with friends who are not bedwetters without embarrassment, hassle or worry • Save money on diapers which could be put towards other things • Kinder for the environment (less diapers in landfills) 		
Child under 4	Generally, not necessary unless child is keen.		
Child is 4-7 years old	Start with a diaper-free trial every 3 months and see if this works. If not use an alarm for a willing 4 –7-year-old		
Child 8-12 years old	Help your child understand how a bedwetting alarm can help them stop bedwetting quickly and permanently		
Child is a teenager	Support your teenager’s night-toilet training with an alarm		
Child has never slept without diapers or has never been dry when out of them	Start with a short diaper-free trial, using a mattress protector. If there is no improvement proceed with a bedwetting alarm		
Child doesn’t want, or is scared, to stop wearing diapers	Reassure them that wetting the bed while using a bedwetting alarm is ok and helps teach them how to stop wetting the bed		
Child is a big consumer of products containing caffeine, artificial sweeteners, or sugar	These products can stimulate and irritate the bladder. Try and replace these items with natural products like milk, water and fresh fruit before proceeding with a bedwetting alarm.		
Child is a deep sleeper	Follow the DRI Sleeper method including our strategies for deep sleepers		
Child is a restless sleeper	Choose a wireless alarm so there is no cord to pull out or tangle in		
Child wets several times a night with large wet patches	May indicate low levels of anti-diuretic hormone. Often a bedwetting alarm is used in conjunction with a prescription for desmopressin. Also, the alarm can be used for the first wetting event and then the child can be put back in diapers for the rest of the night to avoid fatigue caused by multiple nighttime wakings.		
Child wets multiple times a night with small wet patches	May indicate the child suffers from a twitchy bladder-particularly if they exhibit urge incontinence during the day. Often anti-cholinergics are prescribed.		
Child wets once a night	Known as primary nocturnal enuresis. A bedwetting alarm is ideal for this.		
Child suffers from: Daytime incontinence Constipation/Encopresis Urge incontinence (needs to go wees urgently and frequently)	Resolve before using a bedwetting alarm. A child should be dry during the day and free from constipation for at least 3 months before starting night toilet training with an alarm.		
Child was previously dry at night and has started wetting again	Called Secondary Enuresis, use a bedwetting alarm to resolve		
Child has these conditions: Sleep Apnoea, ADHD, Autism, ODD, Tongue Thrusting	Seek clinical advice and support before considering a bedwetting alarm		