

					
<b>Drink and Go</b>	<b>Double Voiding</b>	<b>Priming Practice</b>	<b>Power Up</b>	<b>Wet Time &amp; Wet Size</b>	<b>Dry Night!</b>
<p>To avoid dehydration and stretch your bladder, every 2 hours, drink a cup of water and 30 mins later, visit the toilet.</p>	<p>To ensure your bladder is empty, go wees 30 minutes before bed and again at bedtime. Sit, relax and take your time on the toilet.</p>	<p>Do your alarm waking practice 4 times before sleep to build your bladder + brain connection and develop prospective memory.</p>	<p>Add an optional DRI Sleeper power up to enhance your training.</p> <ol style="list-style-type: none"> <li>1. Remembered Code Word</li> <li>2. Visualisation Technique</li> <li>3. Audio Guided Relaxation</li> <li>4. Avoiding blue light</li> <li>5. Overlearning technique</li> </ol>	<p>Record each time the bed is wet each night with the time and size. Improvement is when fewer wets get later and smaller over time.</p> <p>E.g.</p> <ol style="list-style-type: none"> <li>1. 10pm Large</li> <li>2. 330am Medium</li> <li>3. 7am Small</li> </ol>	<p>Record each successful dry night. 14 is your goal.</p>
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					