

Bedwetting Alarms

If your child is 5 years old or older and wets the bed at least once or twice a week, you may wish to consider using a **bedwetting alarm**. Bedwetting alarms are the recommended **first-line treatment** for bedwetting and the only **permanent cure** for nocturnal enuresis.

How do alarms cure bedwetting?

Bedwetting alarms are designed to **quickly detect the very first drops of urine**. This means that your child is woken up by the alarm when they start to wet the bed. This process of being woken up when the bladder is full develops the **natural link** between the brain and bladder that allows the brain to exert **subconscious control** over the bladder. **This link is essential to becoming dry at night**. The alarm enables your child to become dry at night in 3 steps:

1. Waking up when they start to wet because the alarm sounds
2. Waking up before the alarm sounds, when they need to go to the toilet
3. Sleeping through the night and controlling their bladder until the morning

Bedwetting alarms speed up the subconscious link between the brain & bladder

How successful are alarms?

Bedwetting alarms are recommended by the National Institute of Clinical Excellence (NICE) as the **first line treatment** for nocturnal enuresis in children aged 5+. Unlike drugs, children generally remain dry after the treatment has finished, making alarms the only **permanent long-term cure** for bedwetting. If used properly, **permanent success** is seen in around **2/3rds** of children within 3 months.

Bedwetting alarms are recommended by NICE as the first line treatment for nocturnal enuresis (bedwetting)

Visit our website for more information, tips and advice about bedwetting alarms

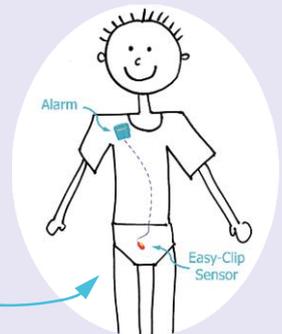
What are the different types of alarms?

There are a wide range of bedwetting alarms available. It is important to make sure that you **choose the right alarm** that is best suited to your child's needs. Some features to consider are...

Wearable or wireless?

If your child is happy to wear an alarm, wearable models tend to offer the most versatility in terms of features. Otherwise, a wireless or bed-side model might be better.

A wearable bedwetting alarm is attached to a pyjama top. The sensor is clipped to your child's underwear.



Audio or vibrate?

For some children, audio only alarms are fine. For children hard of hearing, vibration only options are available. Think about where your child will be wearing their alarm - if they are in a shared room, they may prefer the privacy of silent vibration alerts. If your child is a deep sleeper, combined audio and vibration can help ensure they wake up.

Single tone or 8-tone?

Single tone alarms play the same sound every time the alarm goes off. If you think your child might start to ignore the sound once they start to recognise it, then an 8-tone alarm is best. 8-tone alarms cycle through 8 different sounds, which prevents auditory accommodation.

Bedwetting alarms are available as wearable, wireless and bedside systems