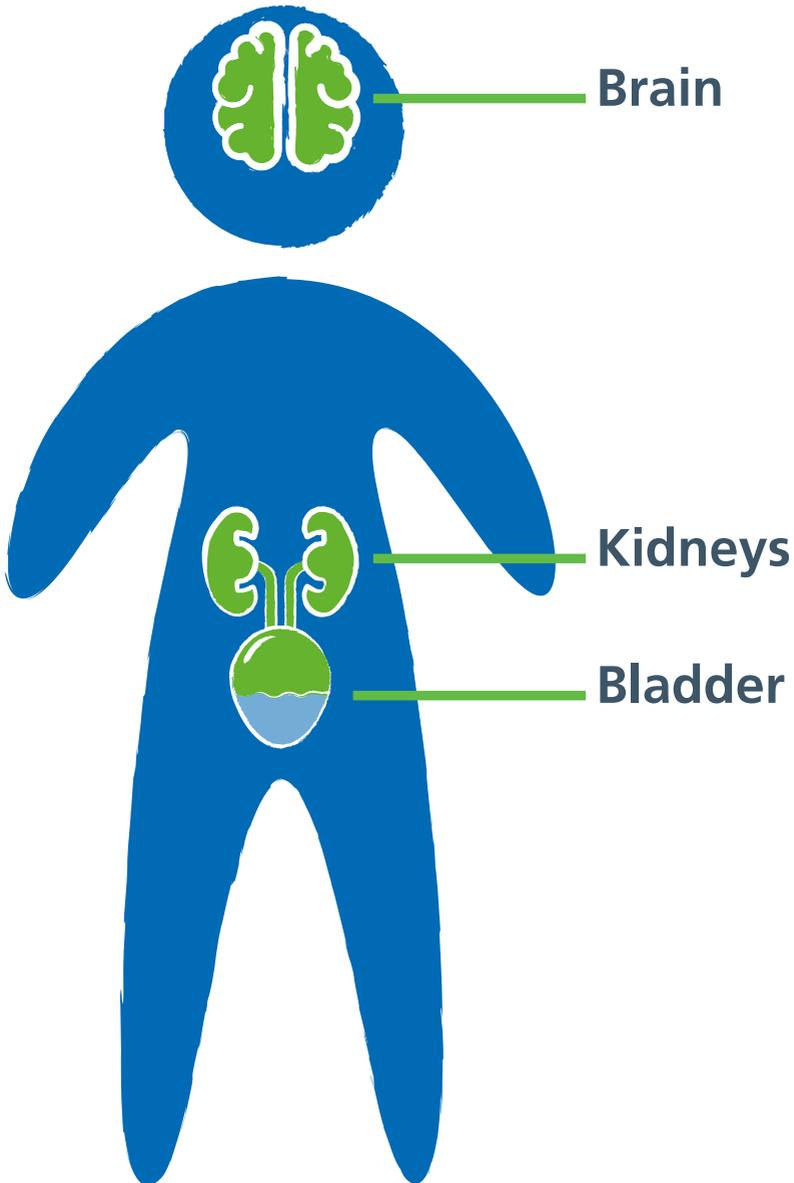
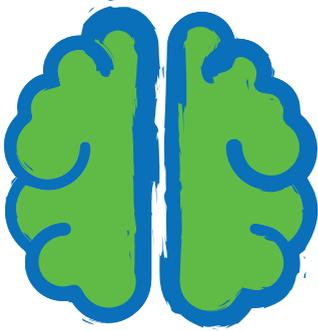


Becoming **dry** at **night**



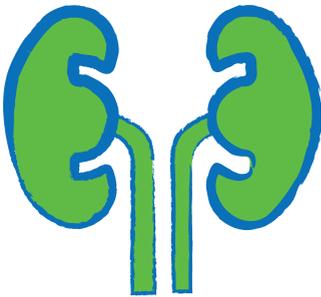
Let's see how our body works, and
how and why we usually wee





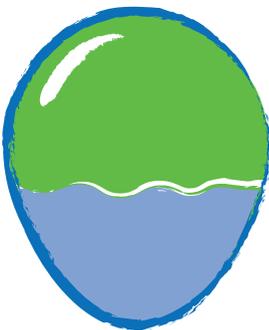
Brain

This is the main control centre of the body.



The kidneys

We have two kidneys and they are busy all the time. They are like machines, cleaning up the blood in our body to produce waste we call "wee". This is sent to the bladder.



The bladder

This is a special balloon-shaped bag that fills up with wee. It stretches and sends a message to your brain when it's time to use the toilet and go for a wee.

Why do we wet the bed?

Usually, there are 3 main reasons why you might wet the bed and they are not your fault. At the clinic, we will work with you to find what your reasons might be and make a plan to help get you dry at night.

1. Not being able to wake up at night when you need to wee

Sometimes, the messages from your bladder to your brain saying that your bladder is full, and you need to get up and wee, just don't get through as they are not strong enough.

Signs of this might be:

- You sleep through loud noises
- You carry on sleeping when you have wet the bed
- You find it difficult to wake up in the morning

What can be done?

We can give you a special alarm that goes off when you wet the bed. This will help you wake up when your brain sends a message saying your bladder is full and you need to get up to get to the toilet in time.



2. Your bladder is overactive

This means your bladder can only hold small amounts of wee, so you have to go to the toilet lots of time during the day.

Signs of this might be:

- Your wees are small
- You go to the toilet more than seven times a day
- You get desperate to go and rush to the toilet
- You wet yourself during the day
- You wet the bed more than once a night, and often soon after you fall asleep



What can be done?

We can help you get your bladder bigger and stronger so it can hold more wee. We will discuss ways to do this at the clinic, like drinking more.

3. You make lots of wee at night

Our bodies make a special chemical messenger (a hormone) called Vasopressin. This tells the kidneys to make less wee at night time. Some of us don't make enough Vasopressin, so the kidneys carry on making lots of wee at night that your bladder is not big enough to hold on to.

Signs of this might be:

- You wet the bed soon after falling asleep
- You have a very large wet patch in the bed in the morning
- Your wee colour is pale compared to the rest of the day



What can be done?

There is a special medicine the GP doctor can give you. You take it at nighttime and it helps your kidneys make less wee at night. We will discuss this with you at the clinic.

Drinking

It is really important you drink lots so that your bladder gets big enough to hold as much wee as it should. The more your bladder is used to holding big wees, the better it will be at holding big wees at night.

The best way to help your bladder grow big and strong is to drink well throughout the day, especially when you are at school. The bladder needs to be filled and emptied properly to get it working well.

Daily fluid intake in ml, by age and gender:

Age	Girl	Boy
4 - 8 years	1,000 - 1,400ml	1,000 - 1,400ml
9 - 13 years	1,200 - 2,100ml	1,400 - 2,300ml
14 - 18 years	1,400 - 2,500ml	2,100 - 3,200ml

A normal cup/glass is about 200ml, but why don't you measure how much is the glass, mug or water bottle you usually use?



Avoid fizzy drinks and drinks with caffeine, like tea, coffee, energy drinks and hot chocolate, as these can irritate your bladder. Drinks with blackcurrant, orange, sweeteners, or artificial colours and flavourings can also irritate some bladders.

Water is best, or low-sugar/ sugar-free water-based drinks.

You will know if you are drinking enough by the colour of your wee. It should be very light yellow, almost like water. If it is dark yellow, you need to drink more.

Going to the toilet

It is important to try and go to the toilet regularly, every 1½ - 2 hours, even if you are busy. When you get to the toilet, try and empty all the wee out of your bladder. Take your time and don't rush.

Boys — Sit down for some of your wees. If you stand up, aim for a floating target or a ping pong ball.

Before bed

Make sure you do a double wee, so your bladder is empty before you fall asleep.

This means, for example, have a wee before you get your pyjamas on and have another one just as you finally settle to sleep, maybe after a story.



Measuring your bladder

As you grow up, your bladder should grow bigger as well. You can measure your bladder capacity by sometimes weeing in a measuring jug to see how much it can hold. Avoid doing this on your first wee of the day in the morning, and make sure you need to go to the toilet when you wee.

Age in years	Expected capacity
5	180ml
6	210ml
7	240ml
8	270ml
9	300ml
10	330ml
11	360ml
12+	390ml

Keep a record of how it is growing. If, despite drinking well throughout the day, the capacity remains small, you may need some medicine. The medicine can help relax the bladder so it can hold more. We will discuss this with you at the clinic.

