



MELBOURNE

**Pregnancy &  
Pelvic Physio**



### **Bedwetting Alarm**

During sleep when the bladder is full and ready to empty, a strong message is sent from the bladder via nerves to the brain to make the person wake up. In the case of nocturnal enuresis (commonly known as bed wetting), this strong message from the bladder to the brain gets ignored and the person continues to sleep, resulting in the bladder emptying whilst they are sleeping in bed. Often those who suffer from nocturnal enuresis are 'deep sleepers'. A bedwetting alarm helps train the brain to notice the messages the bladder is sending them so that they can eventually wake up before their bladder starts emptying.

The Malem M06 Alarm used at MPPP contains a sensor mat to be placed on the bed and an alarm to be placed on the bedside table (no parts of the alarm attach to the sleeper's clothing).

### **How to use?**

Place the plastic and silver mat on the bed in the location where wetting usually occurs.

To make clean up easier during the night, the plastic mat can be placed on top of a fitted sheet with another cotton sheet or towel laid over the top of this. (If someone is a sweaty sleeper they should use a thicker towel, if they don't sweat at night, they can use a thinner towel).

Cotton sheets and bedding are best. Don't use plastic or polyester sheets as this can cause condensation or perspiration and trigger a false alarm.

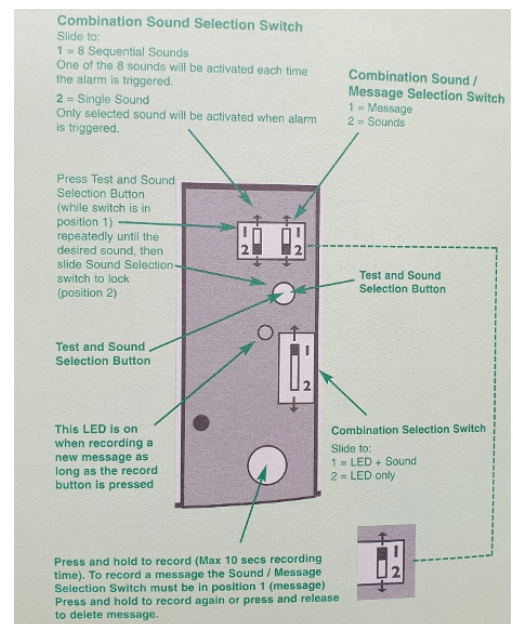
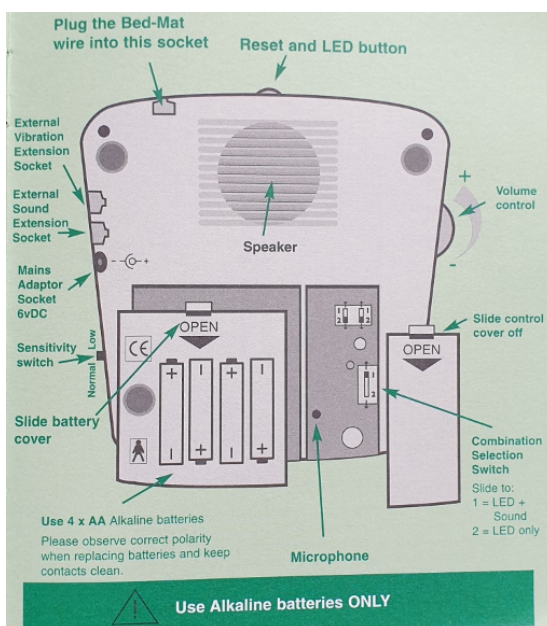
The blue cord extending out from the mat is connected to the red plastic unit that is placed on the bedside table. The blue cord should be tucked out of the way to avoid tripping when getting up at night.

When wetting at night occurs, the alarm will sound from the red plastic unit to help the sleeper wake up. Often when children use the alarm, parents will have to help them wake up and turn off the alarm initially (It's common for the alarm to initially wake up everyone else in the household when first used). It may be helpful for a parent to sleep in the child's room for the first few weeks to assist with this before the child starts to be woken up on their own by the alarm.

Once woken up, aim to hold onto the bladder and prevent any further urine leakage. Disconnect the blue line from the red plastic unit and press the reset button at the top of the red plastic unit to turn off the alarm. Go to the toilet and empty the bladder. The mat should be wiped clean and dried and a fresh dry cotton sheet or towel placed over the mat. Reconnect the blue line to the alarm so that it is ready to sound again before going back to sleep.

# Enuresis Alarm Cont

The alarm has a volume dial to turn the alarm sound up and down. There is also a sensitivity switch on the side that can be set to 'normal' or 'low' to help prevent false alarms from sweat. The machine is currently set to run through 8 different alarm sounds to prevent the sleeper from becoming too used to any one alarm and sleeping through, but there are options to choose one specific alarm sound and/or to record an individual message that can be replayed through the plastic unit instead. See the instructions in the pictures below.



Alarm therapy is the only proven cure for bedwetting. However, it requires a significant commitment from the sleeper and family members. Once the alarm is started, it needs to be used consistently every night for at least six weeks to see an improvement. Do not start the alarm therapy if there are trips away planned or other events that will prevent it from being used consistently every night. If there is no improvement after six weeks the therapy can be discontinued. If there is improvement within six weeks, it can be continued until dry nights are achieved for 14 consecutive days before discontinuing. To track your progress, note on the progress chart on the next page if each night was dry, slightly wet or very wet.

Best results with the alarm are achieved when:

- The sleeper is motivated and wants to be dry overnight
- The sleeper can wake up independently to the sound of the alarm
- Parents/guardians of children help them wake up when the alarm sounds in the early stages of treatment if the child doesn't wake up to the alarm independently
- No nappies are worn overnight
- Fluids are not restricted before bed
- Overtraining can be carried out once the sleeper is consistently dry by increasing their fluid intake before bed whilst still using the alarm. This can help to prevent relapse if they cease the alarm and later have a night where they consume extra fluid (NOTE: do not increase fluids before bed if taking Desmopressin medication)



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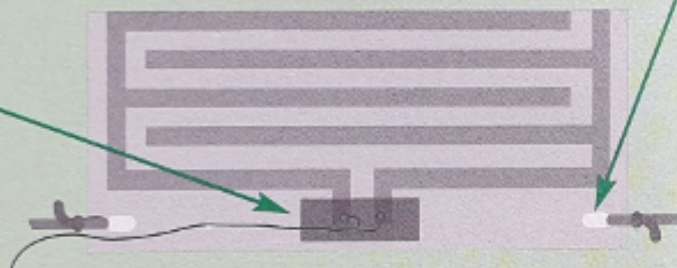
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Under NO circumstances should any of the alarms be attached to the users' clothing when using a Bed-Mat.

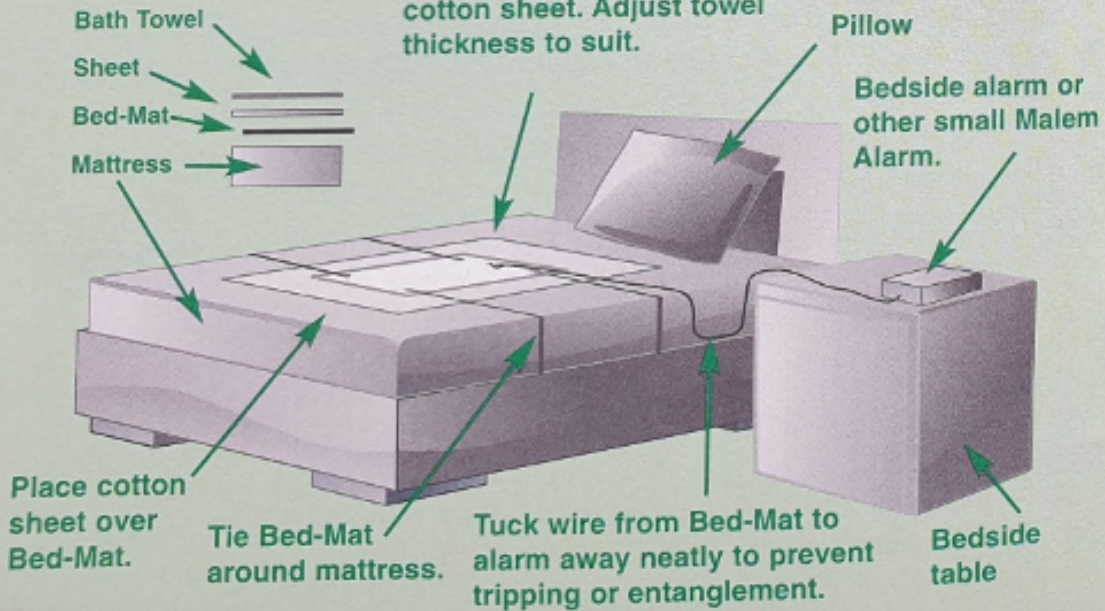


Holes for tying Bed-Mat to the mattress.

If using a plastic protective mattress sheet place adhesive tape over the Bed-Mat lower contacts.



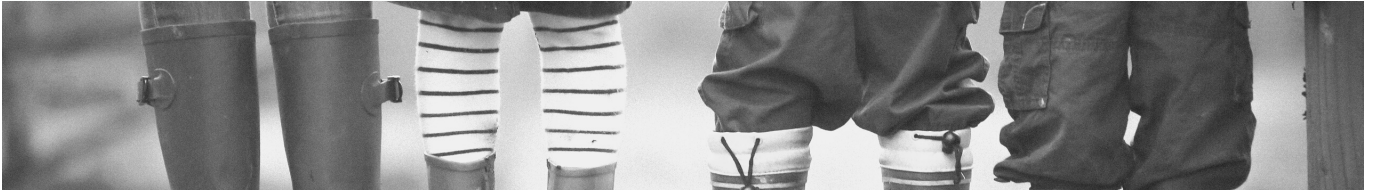
Use a BATH TOWEL to cover the Bed-Mat and cotton sheet. Adjust towel thickness to suit.





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**PROGRESS CHART**

**MALDEN ALABAMA**

Follow your progress with our chart and fill in the box each morning. As you improve you'll find that you will be dry at night, happy and smiling all day! Please feel free to photocopy charts.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

Dry  
 Lightly Wet  
 Very Wet

Dry  
 Lightly Wet  
 Very Wet

Dry  
 Lightly Wet  
 Very Wet

Dry  
 Lightly Wet  
 Very Wet

Dry  
 Lightly Wet  
 Very Wet

Dry  
 Lightly Wet  
 Very Wet

Name ..... Age ..... Sex ..... Date Treatment Started .....