

NINJAMAS

WHAT YOU NEED TO KNOW ABOUT BEDWETTING (NOCTURNAL ENURESIS)



Incidence in Children: It's Normal

Bedwetting (also known as nocturnal enuresis) is common. It's found in 10% to 15% of five-year-old children and 6% to 8% of eight-year-old children in Canada¹.



A family history of enuresis is often present¹.

Nocturnal enuresis is more common in boys¹.



Know the Potential Causes

Several factors can contribute to bedwetting:



Genetic Factors

Common if one or both parents have a history of enuresis.²

Scientists have identified specific genes that cause enuresis.⁴



Bladder Development

When a child's bladder is smaller than average or underdeveloped, it can't hold as much urine that's produced overnight.^{3,5}



Hormone Imbalances

Antidiuretic hormone (ADH) causes the body to make less urine at night. If the body does not make enough ADH, it may make too much urine during sleep.^{4,5}



Sleep Disorders

Some doctors point to the deep sleep state or various sleep conditions (such as sleep apnea) to explain bedwetting.^{3,5}



Psychological Factors

Intense stress, life changes, or trauma can contribute to bedwetting regression.⁶



Tips for Parents

While bedwetting is not a serious problem and children normally grow out of it, it can contribute to feelings of embarrassment and stress for children and their parents.

Discreet disposable nighttime underwear can help children feel confident – whether in bed or on their next adventure.

Motivational Therapy

Reward children for dry nights and stress-free mornings. Empower children to take responsibility for their progress and reassure them along the way.⁶

Bladder Training

Practice bladder control. By encouraging children to hold their urine when they first get the urge to pee, it helps to build up their muscle strength over time.^{6,7}

Dry Bed Training

Wake children up at specific intervals throughout the night so they can go to the bathroom.⁶

Bedwetting Alarms

Utilize sensors that detect wetness within the underwear/diaper pant and sound an alarm to wake the child. Be patient as it can take 6 to 16 weeks of treatment to be effective.^{5,6}

Pharmacological Therapies

Treat with prescription medication – per a pediatrician’s recommendation and guidance – to temporarily resolve bedwetting symptoms.⁶

Nighttime underwear is an essential sidekick to any bedwetting management strategy

#1 CANADIAN PEDIATRICIAN recommended brand.



References: 1. Canadian Paediatric Society. Management of primary nocturnal enuresis. Available at: <https://www.cps.ca/en/documents/position/primary-nocturnal-enuresis#:~:text=Bedwetting%20is%20found%20in%2010,associated%20with%20deep%20sleep%20patterns>. 2. Thiedke C. Nocturnal Enuresis. American Family Physician. 2003;67(7):1499-1506. 3. Bennett, HJ. (2015). Waking up dry: A guide to help children overcome bedwetting. Elk Grove Village, IL, American Academy of Pediatrics. 4. Escoto, Marcella. Bedwetting (nocturnal enuresis). TeensHealth. December 2018. Retrieved from: <https://kidshealth.org/en/teens/enuresis.html#:~:text=Medical%20conditions,can%20be%20linked%20to%20enuresis>. 5. Mayo clinic website <https://www.mayoclinic.org/diseases-conditions/bed-wetting/symptoms-causes/syc-20366685>. 6. Ramakrishnan K. Evaluation and treatment of enuresis. Am Fam Physician. 2008;78(4):489-496. 7. Peters, Brandon. Bladder training as a behavioral treatment for children. Verywellhealth. Dec. 1, 2019. Retrieved from: <https://www.verywellhealth.com/bladder-training-as-bedwetting-treatment-3015171#:~:text=Bladder%20training%20is%20a%20behavioral,the%20chance%20of%20accidents%20overnight>.