

NIGHT TIME CONTINENCE

- Begin night time training when daytime continence is achieved with few accidents
- Limit fluid intake in the evenings
- Discourage fluids 2-3 hours before bedtime
- Have a regular bedtime and routine
- Toilet immediately before going to bed and anytime when awakened during the night
- If learner is not roused by need to eliminate, try using alarm or waking the learner once per night