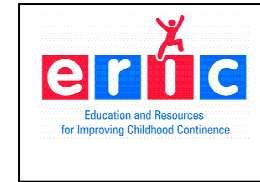


ERIC's Dry Nights Chart

For use with a bedwetting alarm



Date	I woke up to the sound of the alarm	Time of wetting	Size of the wet patch in bed	I woke up by myself to use the toilet	I was dry all night
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Signs of progress:

- Ⓐ You have more dry nights
- Ⓐ You wake up and go to the toilet without needing the alarm to wake you
- Ⓐ You Wake up more quickly when the alarm sounds
- Ⓐ You have only one wet accident each night instead of two or more

These all show that you are learning to 'hold on':

- Ⓐ The alarm goes off less often
- Ⓐ The size of the wet patch in the bed gets smaller
- Ⓐ Wetting occurs later in the night
- Ⓐ You have a longer wee in the toilet when you get up after the alarm has woken you