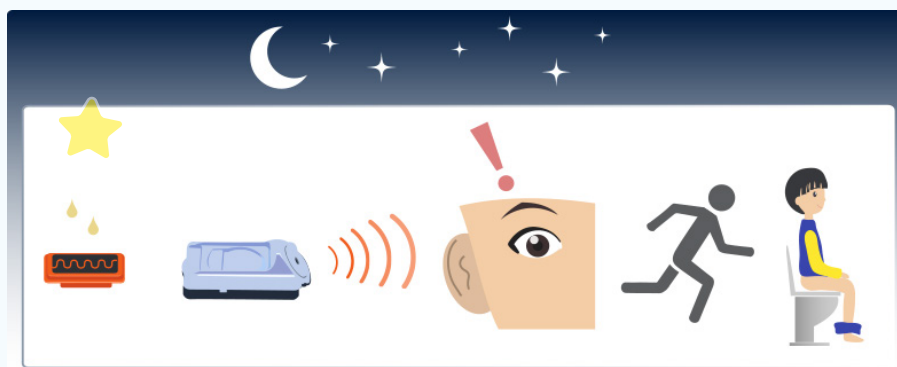


Sleeper[®] *eclipse*

A QUICK GUIDE

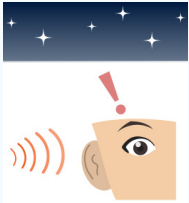
To successful night toilet training



Five easy steps!

STEP 1 *Preparing your child to use the alarm*



To assist brain-bladder connection during sleep and help deep sleepers respond when the alarm triggers, use the **PRIMING STRATEGY**:




At bedtime ask your child to lie in bed pretending to be asleep. **TEST THE ALARM** and when it triggers ask your child to get up, turn it off then go to the toilet. When they return to bed get your child to turn the alarm back on. Practice this procedure three or four times a night for the first week so your child is ready to respond when they hear the alarm.

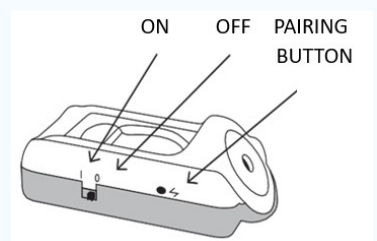
STEP 2 *Where to put the alarm*

Place the alarm, preferably out of reach, on wooden or plastic bedroom furniture. Switch it on and place the sensor in your child's underwear.

-  Do not place the alarm on or near metal-this may stop the alarm receiving signals from the sensor.
-  Remove wireless devices such as night lights, sleep training clocks, baby monitors, smart speakers, from your child's room. They may disrupt signals from the sensor and stop the alarm triggering.

How to test the alarm

- 1** Turn on the alarm. It will beep rapidly 5 times.
- 2** Press a stainless-steel object across the sensing strips on the sensor e.g.  and the alarm should trigger within 3 seconds.
- 3** Turn the alarm off.



STEP 3 How to place the sensor

The alarm triggers when moisture gets *between* the black sensing strips on the sensor. Place the sensor close to the wee spot so it detects bedwetting quickly.

Recommended method: in a women's small sanitary pad

- 1** Cut the top off the pad or cut a pocket into it.
- 2** Insert the sensor into the absorbent padding under the top layer of the pad with the black sensing strips facing the body.
- 3** Stick the pad into the crotch of your child's underwear so the sensor is close to the wee spot.

Note: Avoid touching the black sensing strips with your fingers as skin humidity can cause the alarm to trigger.

Alternative methods:

Between 2 snug-fitting pairs of undies



Wrap the sensor in a piece of toilet paper to help it stay in place near the wee spot and wick the urine between the sensing strips.

Inside a small opening cut inside a diaper near the wee spot



Insert the sensor into the absorbent padding below the top layer with the black sensing strips facing the body. Wrap the sensor in a piece of toilet paper to help it stay in place near the wee spot and wick the urine between the sensing strips.

Note: Avoid nappies with absorbent gel as they can stop moisture getting to the sensor and cause sticky deposits to form on the sensor which will need to be cleaned off with a gentle brush in cold soapy water.

TIP: The wee spot will be in different places for boys and girls:

Boys: it is likely to be towards the front of the underpants under the waistband and, depending on whether your child sleeps on his side or back, it could be more in the middle or more to one side.

Girls: it is likely to be in the middle of the crotch.

Note: It is important to rinse and dry the sensor thoroughly after a bedwetting event (a hairdryer is good for this). Leave it for 30 seconds so it resets before putting it back in dry underwear.

STEP 4 Assisting your child in the night

When the alarm triggers at night help your child go to the toilet. If your child sleeps through the alarm it is essential you wake them and they remember the sound of the alarm and going to the toilet. Try using a cold, damp cloth on the cheeks and forehead. In the morning record progress together in a PROGRESS DIARY.

STEP 5 Looking after your sensor

- When not in use during the day put the sensor in its cradle on the alarm and make sure the alarm is switched off.
- Once a fortnight give the sensor a gentle scrub in cold soapy water with a soft-bristled brush to remove any residue build up.
- Do NOT use chlorine-based detergents or cleaners or put the sensor in the washing machine or dryer as this will irreparably damage the sensing strips.

DRI-Sleeper Resources

For more resources please visit: www.dri-sleeper.com/resources

If you need any assistance or advice contact: adviser@dri-sleeper.com



Video:

Sensor placement



Audio:

Low battery warnings



Download:

Progress diary