

# **NYTONE<sup>®</sup>**

# **ENURETIC ALARM**

## **GENERAL INSTRUCTIONS**

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## **INFORMATION**

Nocturnal enuresis is a benign self-limiting condition in most patients; however, if untreated, bed wetting may continue into adolescence and even adulthood. Treatment should begin at age 5, because the chance of self-cure thereafter is decreasing (50% wetting at age 5 will still be enuretic at age 10) and because the social obligations of a 5-year-old child demand that he be dry at night.

The Nytone Enuretic Alarm has been developed for the purpose of helping with the problem of enuresis (bed wetting). This problem is one that has sometimes proven difficult and extremely aggravating to control, because generally there is nothing physically wrong with the child, other than he sleeps very soundly.

Normally it is not considered a problem until the child is four or five years of age, at which time they usually learn to control themselves. But with approximately 17% of the children, this is not the case. The problem is further aggravated by the parents being upset and angry at the child.

It was found, many years ago, that by causing an alarm to sound at the instant wetting began, a conditioning process was initiated with the child, and if continued for an average of 30 days, the child would learn to control himself. This principle is well known and where properly used, has proven effective in approximately 87% of the cases used.

The earlier alarm devices required pads under the sheets of the bed, and were non-portable, which proved an inconvenience to the user. The Nytone unit was developed to overcome this problem by providing a simple, lightweight and attractive device that attaches to the wrist of the child. By using transistorized circuitry, the device can operate from a low power battery.

The unit is attached to the wrist with the cord going up the sleeve and down to the crotch area. Slide down the white plastic cover, over the round clip, with a rotating sliding motion. Place fabric over round clip and using a little pressure, place wire clip over fabric and round clip, closest to the cord. Slide the round clip, which has the fabric covering it, down to the end of the smallest part of the wire clip. This should hold fabric of the undergarment tight during the sleeping hours.

While using the device, the child should not restrict his normal intake of liquids and should not be awakened by the parent to go to the bathroom unless the alarm goes off.

## GENERAL INSTRUCTIONS

The habit of bed wetting, in most cases, is the result of extremely sound sleep. This is not a normal sleep and may have been caused by one or more of many factors, possibly when the child was younger. However, the fact remains, the deep sleep is making it very difficult for the child to overcome the bed wetting without help. You, the parent, can furnish this much needed help by using the Nytone Alarm as directed.

The parent's cooperation and patience with the problem is of utmost importance. Under normal conditions, people awaken to a physical signal from within their bodies, and then go to the bathroom. This awakening to the body's signal is called a reflex action, and it is usually developed in babyhood. When it is not, bed wetting occurs. Fortunately, the reflex action can be acquired. The Nytone Alarm awakens the sleeper at almost the moment the nervous system should signal. Repetition helps create the desired reflex action just as repetition will create almost any habit.

This alarm is completely safe being powered from a low voltage BATTERY (15 Volt). The unit attaches to the wrist and is worn like a wrist watch and is completely portable.

The bed wetting child should have a medical examination to determine if any physical problems exist. Do not use if the alarm is completely objectionable to the child.

**IN OPERATION**, the alarm is fastened to the wrist with the cord going up the sleeve and down to the crotch area of the undergarments. **BOY:** Use snug jockey type briefs. Attach one clip inside fly opening and one clip on the outside. **GIRL:** Use two pair of undergarments so clips can be attached without resting next to skin. Attach one clip inside top undergarment and one on the outside just above thickest part of crotch area. When the child starts to wet, the material in between the clips becomes conductive and sets off the alarm. The alarm is stopped by releasing the fasteners.

## IMPORTANT

The following sequence of events should be expected while using the  
**NYTONE ENURETIC ALARM**

### THE FIRST WEEK

At the first commencement of wetting, the alarm will sound, but usually the child will not hear it, nor will be awakened at this time, and will continue to sleep.

The parent should then, upon hearing the alarm, awaken the child immediately and take him to the bathroom to finish wetting. It is important that he is completely awake at this time. To assure accomplishing this, we suggest washing the face with a little cold water. If the child does not remember the alarm going off or going to the bathroom the previous night it means he was not fully awake. He must be fully awake for the conditioning process to work.

Remember we are endeavoring to develop the nervous reflex system, and it will take a few times for the parent to awaken the child before he becomes accustomed to hearing the alarm himself.

We would also suggest the parent have the child sleeping nearby in order to hear the alarm and respond quickly.

*We want to stress the importance of the parents doing their part in helping the child overcome the problem of Enuresis. They are the key to the success of this program.*

### SECOND WEEK

The child may start waking by himself, as soon as the alarm starts, and will get up and go to the bathroom. When this happens, the parent should shower him with praise. This should continue for approximately three weeks, with the child sleeping later each night, until he sleeps all night without the alarm sounding. Continue using the unit for about two weeks after the alarm last sounded, before discontinuing use.

NOTE: It is normal for most children to experience a relapse within the first year. Use the alarm as before.

When not in use, do not store or set in areas of extreme heat (i.e., closed car, windows, or direct sun).