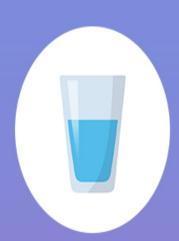
## Management Of Bedwetting In Teens =



Limit excessive intake of water or caffeinated drinks late in the evening

Practice pelvic floor exercises





Get treatment for underlying conditions such as constipation and sleep apnea

Try developing a toilet routine





Use moisture alarms to alert of bedwetting

Have prescription medicines after consulting a pediatrician





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