

Bedwetting

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power – these are the true remedies.” Ministry of Healing, page 127

What does bedwetting have to do with homeschooling? *Everything*, when it means an enuretic child who not only has not begun the day in a very good mood because of the fact of a wet bed, but who quite literally has been deprived of the most restful kind of sleep.

Bedwetting and Hyperactivity

Many bedwetters display the classic “hyperactivity/learning disabilities” (H-LD) syndrome, though they are frequently above average in intelligence. Likewise, many hyperactive children are bedwetters. Often, H-LD and enuresis disappear simultaneously when a true “cure” is achieved. Both conditions seem to be related to a sleep disorder known as REM-sleep deprivation.

Lack of REM (Rapid Eye Movement) Sleep

Over a five-year period researcher Hartley Postlethwaite demonstrated that bedwetting signals a lack of REM sleep. This is a lighter sleep stage, which occurs at fairly regular 90-minute intervals throughout the night. However, bedwetters are usually very deep sleepers, who are difficult to awaken, even though that is seemingly most logical thing for a parent to do in order to avoid the wet sheets. Both hyperactive and enuretic children sometimes have trouble going to sleep, once they fall asleep, they plunge almost immediately into deep sleep and remain there for a long period, without the beneficial REM sleep.

What About Water?

It also seems logical to limit the child’s drinks during the late afternoon and before bedtime. However, one interesting and significant result of Mr. Postlethwaite’s clinical study is that increased intake of plain water given in generous amounts frequently during the day had the “illogical” but unmistakable effect of helping achieve corrections toward normal sleep cycling, more REM sleep. F. Batmanghelidj, M.D, can also substantiate this in *Your Body’s Many Cries for Water*.

Regularity, Nutrition, and Other Factors

Other factors that seemed to help achieve corrections of the REM-sleep deprivation were increased outdoor exercise, and relief of school pressures. Many children have stopped bedwetting when taken out of the classroom and taught at home. Strict regularity in bedtimes, naptimes, and mealtimes were also essential, to re-establish one's circadian rhythm as well as to avoid digestive disorders which can affect sleep. Others stopped bedwetting (and being hyperactive) when certain dietary changes were made, especially the elimination of artificial ingredients (see The Feingold Diet). Many have found bedwetting to be directly caused by dairy allergy.

One established company, with 40 years experience in helping both children and adults, where you may write or call for free information is: Pacific International Center for Enuresis Control, 555 Birch Street, Nekoosa, WI 54457-9988; (800) 826-4875.

“When you lie down, you will not be afraid; yes, you will lie down and your sleep will be sweet.” Proverbs 3:24

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