

Caffeine restriction can improve, reduce severity of bed-wetting

February 2 2024, by Elana Gotkine



Caffeine restriction can help improve and reduce the severity of primary monosymptomatic nocturnal enuresis (PMNE), according to a study recently published in *BMJ Paediatrics Open*.

Sadra Rezakhaniha, from the Islamic Azad University Science and Research Branch Faculty of Basic Sciences in Tehran, Iran, and colleagues investigated the effect of caffeine restriction on the improvement and severity of PMNE in a [randomized clinical trial](#) involving 534 [children](#) aged 6 to 15 years. Caffeine consumption was

Citation: Caffeine restriction can improve, reduce severity of bed-wetting (2024, February 2) retrieved 28 April 2024 from <https://medicalxpress.com/news/2024-02-caffeine-restriction-severity-bed.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.