

Caffeine restriction can improve, reduce severity of bed-wetting

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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

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