

# Some children with severe bedwetting see resolution after discontinuing absorbent pants

June 4 2024, by Lori Solomon

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Discontinuing absorbent pajama pants (APP) is associated with a 10% complete resolution rate among children with severe childhood nocturnal

enuresis, according to a study recently [published](#) online in the *European Journal of Pediatrics*.

Anders Breinbjerg, M.D., Ph.D., from Aarhus University Hospital in Denmark, and colleagues examined the effect of discontinuing wearing protective garments in children (aged 4 to 8 years) with severe childhood nocturnal enuresis. One hundred five participants were randomly assigned (2:1) to discontinue or continue using APP.

The researchers found that children in the no-pants group significantly experienced fewer wet nights versus the pants group during the last week (difference, 2.3 nights). Twenty percent in the no-pants group responded to the intervention, of whom 13% had a full response. Within two weeks, clinical improvement was detected.

APP discontinuation negatively affected sleep and quality of life in the four-week extension period, but not in the four-week core period. Stress related to the intervention resulted in 15 [children](#) (21%) in the no-pants group to discontinue early.

"Even though prolonged discontinuation was reported to lead to sleep disturbances and [reduced] [quality of life](#), still our results suggest trying two weeks of the intervention if the family is motivated, prior to engaging established treatments for [nocturnal enuresis](#)," the authors write.

**More information:** Anders Breinbjerg et al, Discontinuing absorbent pants in children with bedwetting: a randomized controlled trial, *European Journal of Pediatrics* (2024). [DOI: 10.1007/s00431-024-05502-w](#)

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