

Stay-Dri Sleep Tracker™

Track your child's sleep, bladder, and bathroom habits — and uncover the patterns behind their nighttime accidents.

Day	Bedtime	Wake Time	# of Night Wakes	Dry/Wet Night	Time of Accident	Dream Recall?	Fluids After Dinner (Y/N)	Stress Level (1–5)	Notes
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

The Bladder Breakthrough I by Dr. Tiffani S. Bacon, PT

■ Bladder Health Scoring Tips (Optional):

- No fluids 2 hours before bed: +1 point
- Dry night: +2 points
- Only 0–1 night wakings: +1 point
- Dream recall: +1 point
- Fluids after dinner or screen time before bed: -1 point
- Stress level 4 or 5: -1 point [Stress Levels 1-5: Levels 1-2 (no to min stress), +1 point ; Level 3 (mod stress), 0 points; Levels 4-5, (mod-max to max stress), -1 point]

Weekly Goal: Aim for 10+ points to build healthy bladder-brain bedtime patterns.

■ Sleep Pattern Clues to Watch For:

- Multiple night wakings before an accident? May signal overactive bladder or poor sleep quality.
- Accidents always around the same time? Suggests circadian pattern disruption.
- Stress level ≥ 3 on wet nights? Emotional factors may be contributing.
- No dream recall + wet night? Sleep may be too deep for arousal cues.

■ Parent Pro Tips:

- Set the bedtime before you record it. Routine is everything.
- If your child wakes up dry but doesn't remember dreaming, that's okay! Keep tracking.
- Use the 'Notes' column for things like: stressful events, late bedtimes, or new routines.