

AN AB DISCOVERY BOOK

# FORREST GRANT

\* original author of pro-bedwetting books \*

## THE JOY OF

A DIFFERENT VIEW OF BEDWETTING

# BEDWETTING

# The Joy of Bedwetting

... a different view on  
bedwetting ...

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Forrest Grant

Title: The Joy of Bedwetting

Author: Forrest Grant

Editor: Michael Bent

Publisher: AB Discovery

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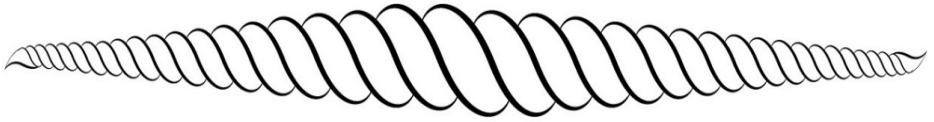
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## **Introduction**



**I WET THE BED. I am not ashamed of it.**

**I WET THE BED EVERY NIGHT. I don't feel the overwhelming need to change this.**

**I WET MY SHEETS, PILLOW AND MATTRESS. I find it both natural and comforting.**

**I WET THE BED in my sleep, and it feels both right and normal.**

**I WET THE BED no matter where I sleep because I am a bedwetter**

**I WET THE BED and I am proud of it**

**I WET THE BED and it is an achievement, not a failure**

**I WET THE BED and it is not just for children. It is for me as well**

**I WET THE BED and it is who I am**

Bedwetting is one of those things that few talk about, few admit to and yet is incredibly common. It is easy to believe the fiction that only young children – and pre-schoolers at that – wet the bed. The truth, however, is that bedwetting is remarkably common, especially given what it is.

However, bedwetting is not necessarily a disaster for some people. It may, in fact, be something they are ambivalent about or even seek pleasure in! It is easy to subscribe to the societal belief that bedwetting is ‘wrong’.

The truth of more accurate and more modern statistics is that a *lot* of people wet the bed and a surprising number never really stop their nightly wettings. Certainly, the large majority of children and teens grow out of it, but still there remains a very large number who wet their sheets or night diapers anything from once a week to seven times a week. It is not what we often want to believe. For some reason, bedwetting is something people do not share about with anyone, even preferring to discuss deep intimate secrets and problems long before admitting to wetting their bed. Historical instances record where bedwetting was grossly under-reported by parents and was only revealed by doctor’s interviews. Deeply personal or traumatic events are often reported before bedwetting is. It is viewed by so many as a personal failure or the failure as a parent. And yet the simple fact is that heaps and heaps of people wet the bed. And not just children. A surprising number of adults wet the bed, and many are deeply ashamed of it. This book, of course, takes the other angle in that if you wet the bed, you should be proud of it! It is not a failure of any kind. If you don’t want to wet the bed, there are super-effective diapers available to look after that for you. If bedwetting is a good thing in your mind, then you are not alone.

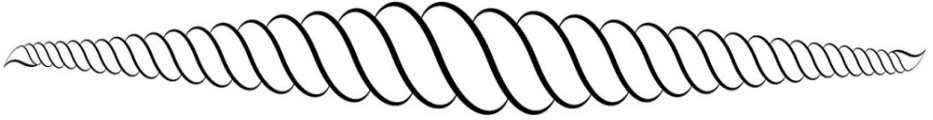
If you want some data, there is an Appendix at the end of this book with a detailed set of data about bedwetting and you will be

blown away by how common it is and yet, it is still something most people refuse to talk about.

In this book, I want to discuss bedwetting in a positive, life-affirming way. There is no shame in bedwetting. The shame comes from other people and you have no need to be embarrassed or ashamed of the wet sheets or wet diapers that you wake up to every morning. Let them in fact, be your badge of honour.

Perhaps you are one that rather than wanting to stop bedwetting, you want to *start* it. This book is for you as well. Why should bedwetting be something you can't stop? Why can't it be a lifestyle choice, a preference or a goal? Why can't it be something we actively choose to do and start? In this book, we will explore bedwetting in a positive way. My own personal experience is that of a near life-time bedwetter and I am not at all ashamed of it nor do I think anyone else should be. I will discuss my philosophy of bedwetting as we go on.

## Diapers or Wet Sheets?



**P**robably the most obvious question or issue about bedwetting is the issue of diapers (or nappies). Essentially it is the question of using protection or not.

Typically, a bedwetter will be kept in diapers for some time while growing up, but then have them taken away, even though bedwetting is still occurring. In previous generations, the absence of diapers for older children made the question a moot point, but now, with a vast array of diapers for older children, the question is one that parents still have options with. A lot of parents take diapers away, hoping that the discomfort of wet sheets will motivate their child to stop bedwetting. Typically, it is just a vain hope that is rarely rewarded. Children and teens normally just stop bedwetting when they are ready - either physically or emotionally. The wet sheet discomfort usually doesn't make much difference. When you've known nothing different, a wet sheet is not that motivating, especially in warm climates. It might even perversely be a place of comfort and security and not unlike a security blanket.

So, as adult bedwetters, what do we want? Wet diapers or wet sheets? It is very much a personal choice and for many, they choose both at times. So, what are the advantages and disadvantages?

### *Advantages*

Diapers: they are clearly very convenient and especially so if you use disposables. Your bedwetting is dispensed within a few moments as the wet diaper is removed, bagged and binned. If you

wear cloth, it just goes into the diaper pail ready for washing later on. Easy as.

Wet sheets: Incredibly easy to manage if you are happy to just let the sheet dry out during the day and wash weekly (or less) as normal. No extra cost or effort involved. If you enjoy a stained sheet and the implicit statement of pride, wet sheets are truly remarkable. They are ironically, the easiest choice, if workload is the issue.

### *Disadvantages*

Diapers: they are expensive and can be bulky. They take away evidence of bedwetting for others (or yourself) to see. If bedwetting is something you are proud of, a disposable diaper will take away all evidence of your bedwetting far too quickly.

Wet sheets: unless you are comfortable in a wet bed, you may find wet sheets a negative experience for sleep. What some do not understand is that after years in wet sheets, comfort is not that hard to find. For some, a dry bed feels odd!

In normal life, bedwetters may choose a combination of both. Warm weather may make wetting the sheets a good and easy option while in cooler weather, diapers may be the better choice.

### *What should I choose?*

The important thing is to *have* a choice. Allow yourself to choose diapered or un-diapered bedwetting. Experiment over time with each option and see what you like best and when it suits you.

Wet sheets are nothing to be embarrassed by. You are in good company and a fairly large company at that. Likewise, a bag of wet diapers is nothing to feel shame over. A huge number of people just like you are wearing them to bed and waking saturated but contented.

I will say, however, that for many people, until you have had some large wet puddles on your sheets, your bedwetting is still a bit artificial. That might be a bit harsh, but there is nothing to compare with the visual effect of soaking wet and highly visible wet patches on your sheets. After all 'bedwetting' does mean wetting your bed, not just your diaper.

## **The Question of the Mattress – part one**



**M**ost of us grew up with a waterproof sheet covering our mattress. In recent years, however, these are being made from discreet and noiseless materials meaning that the friend sitting on your bed would never know you wet the bed. When I was growing up, however, the rather ignorant powers-that-be never even made waterproofs for beds past toddler size and so generations grew up with rubber and then plastic sheets over the mattress that were too small and often ineffective. And plastic sheets after a few years of torrential bedwetting became brittle and crackly, thus loudly announcing to all that your bed was a bedwetter's bed. To add to the experience, these waterproofs were not fitted, but mere sheets that could move thus allowing the mattress to still get wet quite often. A pee-stained mattress was therefore inevitable and for many children growing up, a part of life.

So, should we as bedwetters still use waterproof protection over our mattress?

Common sense might say yes, but why should common-sense matter?

If you have the ability to dry your mattress out at least weekly, should you be forced to cover it? If you enjoy wet sheets and are proud of it, why should you prevent your mattress from getting the pee-stains as well?

Simply, the choice is yours to make.

Even if you wear diapers to bed, they will from time to time leak, sometimes extensively. Your unprotected mattress will get wet and be a witness to your night-time wetting. If you don't wear diapers to bed, your unprotected mattress will get very wet every night. It will get very stained and be an unchanging statement that you are a bedwetter!

What you choose to do is up to you. You may choose a combination of these options. In a hot dry climate or season where drying out sheets and mattresses is not very difficult, you could eschew all protection entirely and let your sheets, mattress and pillow get as wet as you like. In cooler climates or seasons, you may want some level of protection, either all the time or occasionally.

The main point is that protecting the mattress is not an essential element of good and responsible bedwetting. What you choose to do is up to you and there is no right answer other than for your bladder to empty while you are in bed. The level of protection you provide is an individual choice.





## What really is bedwetting?



**T**his might sound like a bizarre question to begin with, but it isn't really. The clinical term is enuresis, but we normally just call it bedwetting.

*If I wear diapers to bed, is it still bedwetting?* Yes, it is. You are in bed and you are wetting, therefore it is bedwetting.

*If I deliberately wet when I am in bed, is it still bedwetting?* Yes, it is! Once again, you are in bed and you are wetting and therefore it is still bedwetting.

If I only wet once a month, is it still bedwetting? Yes, it is. The act of peeing in your bed, even occasionally, means you can consider yourself to be a bedwetter.

The activity of bedwetting can carry a very large emotional overtone that can confuse and discourage people. This is what we need to let go of in this book.

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*If you wet while you are in bed, either in a  
diaper or on the sheets, you are a real  
bedwetter!*

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That is the basic truth. If you pee while you are in bed, then you are a bedwetter. You don't have to be asleep to be a bedwetter. You don't need to wear the literal teeshirt to be a bedwetter, although if you want to, go right ahead!

Having said that, there are a lot of people who really, really want to experience bedwetting while asleep. I understand that, because despite what I've said above, for many people, having to deliberately wet their bed diminishes the experience somewhat. They know that they are a bedwetter already, but what they want is what they call '*genuine bedwetting*'. The first thing to do is to accept that even if you are awake when wetting your bed, it is still '*genuine bedwetting*'. What you want is the *premium experience* of waking up in the morning refreshed and... soaking wet without any effort to be so and no memory of wetting.

In our next chapter, we are going to look at ways to achieve *premium bedwetting*.



# Learning to wet the bed



**W**ell, here we are, wanting to learn to wet the bed. The first thing we need to discuss is our goals.

For most of us, the desire we share is that we can wet the bed at this level – completely accidentally, during sleep with no effort, regardless of circumstances or how much we have been drinking. We want to wet our beds effortlessly like we did as toddlers. This is what we call *premium bedwetting*. It is the very best outcome, but it is also the most difficult to achieve and certainly difficult in the short term. Perhaps it could be called *toddler bedwetting*!

The next level down is easy bedwetting. This level is where we wet the bed semi-deliberately. By that, I mean that when a full bladder wakes us during the night, we quickly and easily just relax and let the pee flow out naturally and easily, but while we are awake. This is a good stage to be in because when it is easy to do, it becomes second nature and you don't even need to wake up very much. It is also a step towards premium bedwetting.

The next level down is *deliberate bedwetting*. This level is different from 'easy' bedwetting in that the wetting is not easy and natural, but rather requires effort and concentration and an intellectual decision to wet your bed. While this is not the best solution for many, it is where many who seek to return to bedwetting, start. To be honest, it is not a bad place to be where you wet your bed every night by conscious choice and effort. It is a solid achievement to do this and one to be proud of because 'wannabes'

will baulk at the first squirt and the first wet patch. Real bedwetters – like you aim to be – will find the outcome of deliberate bedwetting to be enjoyable and a source of pride. It is also a great place to build upon. Every long march needs a first step. This is the first step.

This chapter brings up some ideas and suggestions and a skeleton program to achieve the goal of wetting during the night.

### *Sheets or Diapers?*

The first issue to address is ‘sheets or diapers’? Do you want to wet your sheets or your diapers? In reality, it is usually both, but you will absolutely need to get ready for soaked bedsheets at times. You cannot really develop as a bedwetter if you are not ready and prepared for some wet sheets – either from diaper leakage or from unprotected wetting. Wet bedding is the occasional outcome of even the best-protected bedwetter.

Becoming a premium bedwetter again is not a simple process. Sadly, toilet training is something that becomes deeply ingrained in us and is extremely difficult to alter. So, if you want to be a premium bedwetter again then you will need to do the work.

So, which do you want? Wet sheets...



Or wet diapers?