**IF I COULD INVENT SOMETHING**

If I could invent something I would invent a device that stops bedwetting. The device would be named Sweet Dreams.

Bedwetting is known as nocturnal enuresis. Many children and few adults battle daily with bedwetting and all its effects which are unbearable for so many of them. They suffer emotional distress, social stigma, feelings of shame and embarrassment. They also, suffer social isolation. Friends and families of some of them have neglected them all because they cannot cope anymore with the stress accompanied with bedwetting. What about the sleepless nights they experience almost every day. A person that wets the bed can never have an undisturbed good night rest, and this can lead to lack of concentration in their academics, business and other social or personal activities.

As a result of all these, I would love to invent Sweet Dreams to proffer lasting solutions to all the problems faced by people that wet the bed. Sweet Dreams will be a wearable device which the user will wear /to bed at night or any time they want to sleep. It will be a harmless device that has sensors and mild stimulations that can detect and stop bedwetting. The sensor monitors the user’s bladder activity and detect when they are approaching the point of bedwetting, then it mildly stimulates the user’s brain in a harmless way helping them to control the impulse to urinate. It will equally have an alarm that awakens them and ensures they get to the restroom in time.

In addition, Sweet Dreams will have rechargeable battery with long battery life which will enable the user to use it anytime and for a long time even if there is no power supply. It will have a charger port where a USB cable can be attached to. This will make it possible for the user to charge it using power bank if they want to. It would also be a waterproof device which urine or water cannot in any way damage it. I would also make the device in such a way that it can be connected to a mobile app which will help the user to monitor their progress and as well customize the setting to satisfy their daily needs.

With all these features incorporated in Sweet Dreams, the user will begin to live a good normal life like the other people around them. The fear of social stigmatization will be gone. Financial burdens of wanting to buy underwear, bedspread, medication, etc. will be lifted. The social isolation they have suffered for years will be halted, and lost relationship with family and friends will be restored. Also they will be able to participate in social activities that have been refrained from them because of bedwetting.

If I could invent Sweet Dreams everyone battling with bedwetting would forever have unlimited joy and I would also have joy unlimited in return for the great milestone.

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