

# medifab

Shaping Better Lives



CLINICAL LYING  
& POSITIONING  
SOLUTIONS

[MEDIFAB.COM/AU](https://www.medifab.com/au)



Our vision is to make a positive difference to people living with disabilities, along with the carers and therapists that support them.



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## Shaping better lives since 1990.

Grown from small beginnings, the Medifab story is driven by a single-minded purpose; to bring comfort and functionality to people living with disabilities.

We design and manufacture specialist seating and high-quality clinical equipment for children and adults with complex medical needs. Established in 1990 with a genuine passion to help, we innovate to create breakthrough technologies, so our clients can manage their daily physical and cognitive challenges with the dignity they deserve.

Working closely with therapists, carers and clients, our customer-focused approach and 'whatever it takes' attitude is at the heart of everything we do. And now, as a leading manufacturer and supplier of high-quality clinical equipment, we continue to push boundaries and adapt our solutions so we can shape better lives in Australia.

At Medifab, we specialise in comfort and functionality for those living with disabilities and medical conditions. We specialise in Complex Rehabilitation Technology (CRT) equipment and this enables us to make a positive difference. We simply 'shape better lives'.

We know that to make real changes, people need the right tools to stay active and comfortable in their homes and communities. That's why our CRT products, guided by our experienced staff and the latest innovations, help tackle daily challenges with ease and comfort.

Our world-leading equipment includes strollers, indoor seating, car seats and harnesses, standing and walking aids, beds, sleep systems, and therapy equipment.



### Our company values



#### LOYALTY

We're committed to our team, our suppliers, partners and every one of our clients, bound by trust, loyalty and respect. Every person and every life matters. Together, we shape better tomorrows for all.



#### INTEGRITY

We uphold the strongest moral and ethical principles, every day. We act with responsibility, honesty, sincerity and transparency to create an environment of trust, stability and dependability. Because, when it comes to shaping better lives, integrity is integral.



#### VISIONARY THINKING

Innovation sits at the heart of our company, driving us to constantly challenge the status quo. We lead rather than follow, always at the forefront of innovation to re-shape our industry.



#### EXCELLENCE

We're committed to shaping a culture of excellence, empowerment and collective contribution, so that we provide exceptional service and products to you, our customers.



#### SOLUTIONS

We're a team of creative, 'can-do' problem solvers, dedicated to finding solutions for the most complex medical challenges, and enabling our clients to live better lives.

## Our expert knowledge base

We know that if we want to improve the lives of people living with disabilities and medical conditions, we must share our knowledge with other health professionals. We do just that at conferences, workshops and training events around the world. This is facilitated through the Medifab Professional Development Academy and by partnering with our distributors.



### Joana Santiago, BSc OT

#### Head of Clinical Education

Led by our Australian-based Clinical Educator, Joana Santiago, our team benefits from her nearly two decades of international experience as an occupational therapist in five countries. Joana's passion for posture care and complex wheelchair seating is infectious, driving her commitment to improving lives. She prioritises a collaborative learning environment, equipping therapists, carers, distributors, and medical professionals with essential knowledge and tools to enhance client outcomes through personalised support.



### Jamie Cockle, BSc Physiotherapy

#### Paediatric Clinical Educator

Trained physiotherapist, Jamie Cockle, is our Paediatric Clinical Educator and Seating and Positioning Specialist. He provides dedicated training and support for therapists, product specialists and families, helping them to understand the key principles behind Medifab's range of paediatric equipment.

Coming from a background of working in acute hospitals, Jamie gained practical experience with paediatric equipment, developing a talent for understanding people's needs and those of the families supporting them.



### Charlotte Walker, BOT

#### Paediatric Product Trainer

Charlotte is an occupational therapist with a background in supporting individuals with complex neurological and physical disabilities. From her work as a support worker to teaching occupational therapy students, she's developed unique insights into assistive technology.

As a Paediatric Product Trainer, Charlotte's role at Medifab is to support and train distributors and dealers on paediatric products, ensuring successful trials and product usage.

## What is 24-hour postural care?

24-hour postural care management consists of using the right techniques and equipment to support an individual's posture over a 24-hour period, including lying, sitting and standing. It can be considered as both a treatment and a preventative strategy that clinicians should use to optimise function and minimise postural deterioration in people with complex movement disorders.



### Why is it important I address 24-hour postural care with my clients and what are the risks if needs are left unaddressed?

Throughout the day, we utilise various body positions and postures to accomplish tasks, while at night, we seek comfort through shifting and turning, in order to rest. Individuals with neurological conditions, however, may find it hard to independently change position and subsequently spend a significant amount of time in the same posture. Spending prolonged periods in some position can be dangerous, driving musculoskeletal tissues to change, habitual postures to become obligatory, which ultimately leads to changes in body shape. Soft tissues shorten, ligaments stretch and gravity takes its toll, gradually driving changes to the body and posture. When an individual assumes an asymmetrical position and cannot change it independently, the forces of gravity can lead to secondary complications. These include tissue damage, soft tissue contractures, pressure injuries, muscle imbalance, chronic pain and impairment of overall function and quality of life; characteristics which are typically not a direct consequence of their diagnosis. The consequences of failure to prevent these changes to the individual's body shape are serious and potentially life-threatening. To reduce the negative effects of gravity and avoid the development of such complications, a 24-hour approach to postural care is recommended.

### What is the evidence to support night-time positioning?

There is a growing body of evidence demonstrating that night-time positioning is beneficial for people with mobility impairment, particularly when considered as part of a 24-hour postural management program. It is therefore crucial that we analyse posture in lying, and determine the 'safe' and 'destructive' environments and postures that can occur while people rest.

Gravity is constant and does not 'switch off' whilst we sleep; it is present from the day we are born and affects us every day. Evidence suggests that some preferred lying postures have an association with postural deterioration and have a direct impact on the pattern of this body shape change.

Therefore, as gravity can heavily influence posture in lying, early intervention in assisting those who are unable to change their posture should be a priority, with a focus on maintaining symmetry and avoiding destructive resting postures. The introduction and implementation of safe and gentle positioning in lying may serve to protect against the development of these asymmetries and ultimately body shape deterioration. The ultimate goals for any supported lying programme should consider maintaining/improving not only posture, but also sleep quality, function, comfort and pressure relief.

Terminology like 'Night-time Positioning', 'Supported Lying Interventions' or 'Sleep Systems' refer to specialised products carefully designed to provide support to individuals whilst they're lying down. While primarily intended for night-time use, they're equally vital for prolonged periods of lying during the day. Unlike regular pillows found in homes, supports within sleep systems are medical grade and constructed from superior materials, tailored for long-term use and personalised positioning.

### What types of night type positioning products exist and how are they different to each other?

These systems can be categorised into two groups: informal and formal. **Informal solutions** involve cushions and wedges placed above mattresses and bed sheets, offering customisable support through various designs and combinations. On the other hand, **formal solutions** incorporate supportive structures positioned beneath specialised bed sheets, sometimes complemented by unique mattresses, providing enhanced support and specific benefits.



**What assessment tools can I use to assist in my assessment?**

Evaluation of posture throughout the day and night should be conducted as part of a multidisciplinary approach, ensuring the adequate provision of postural guidance and assistance that meets the needs of both the individual and their caregivers.

A systematic clinical reasoning process needs to be adopted when prescribing positioning equipment that will enhance function and comfort. Determining the appropriate system—whether formal or informal—typically requires a thorough assessment. To assist with this, we have developed a form to support clinicians in collecting significant information that is essential for decision making.

So, where to start? We suggest beginning with modest steps. Introduce minor adjustments in how someone with movement impairment is positioned at night. Taking things slowly and starting gently is crucial, given the significant importance of quality sleep and the risk of disturbing sleep with changes to posture or positioning that are too quick. Prioritising the individual's comfort and sleep, along with that of their family and support network, is a constructive starting point. Keep in mind, destructive postures are developed over time, so correcting them can also take time too; however, you may be surprised how quickly you see progress once changes are implemented.

**How can I keep up to date with upcoming training events?**

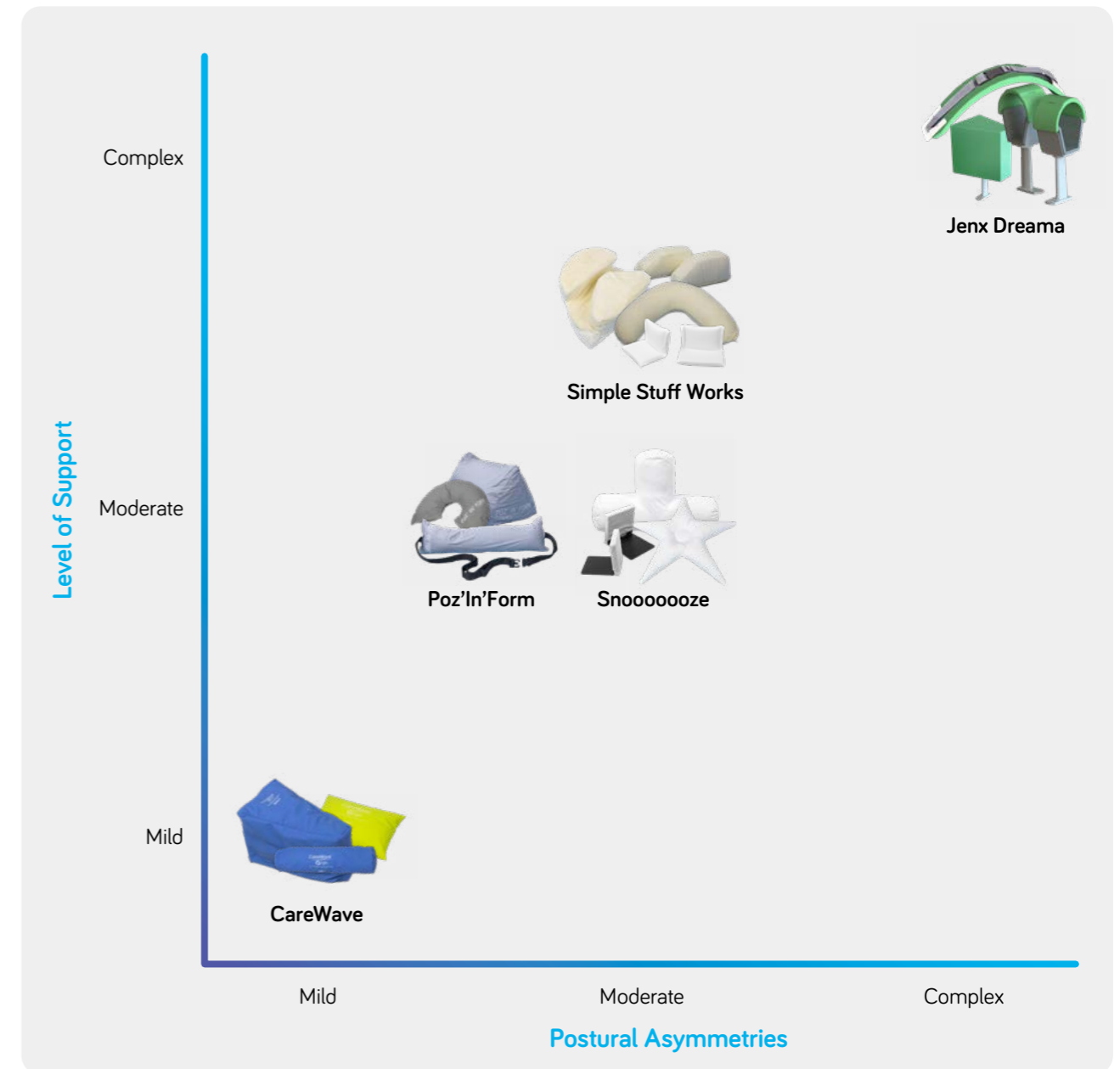
Sign up to our newsletter so you don't miss anything! Scan the QR code:

Or check out our upcoming Medifab Professional Development Academy events online at [medifab.com/academy/](https://medifab.com/academy/)






(Click the 'Event Calendar' tab)



**Positioning Needs**



## Comparison Chart – Properties

	 CareWave	 Poz'In'Form	 Snooooooze	 Simple Stuff Works	 Jenx Dreama
Breathability	✓ <sup>1</sup>	✓ <sup>1</sup>	✓ <sup>1</sup>	✓	✓
Incontinence friendly	✓	✓ <sup>2</sup>	✓	✓ <sup>2</sup>	✓
Ease of transport	✓	✓	✓	✓	✗
Removeable filling (for adjustment of volume)	✗	✗	✓	✓	✗
Type of solution	Informal	Informal	Formal/Informal	Formal	Formal
Cleaning	Wipe Down	Wipe Down + Machine Washed	Wipe Down	Machine Washed	Wipe Down + Machine Washed
Mattress sizes	N/A	N/A	Cot, Single, King Single and Double (when used as formal)	Cot, Single, King Single, and Queen	Cot and Single

<sup>1</sup> When supplied with breathable covers

<sup>2</sup> When supplied with incontinence covers

## Comparison Chart – Level of Support

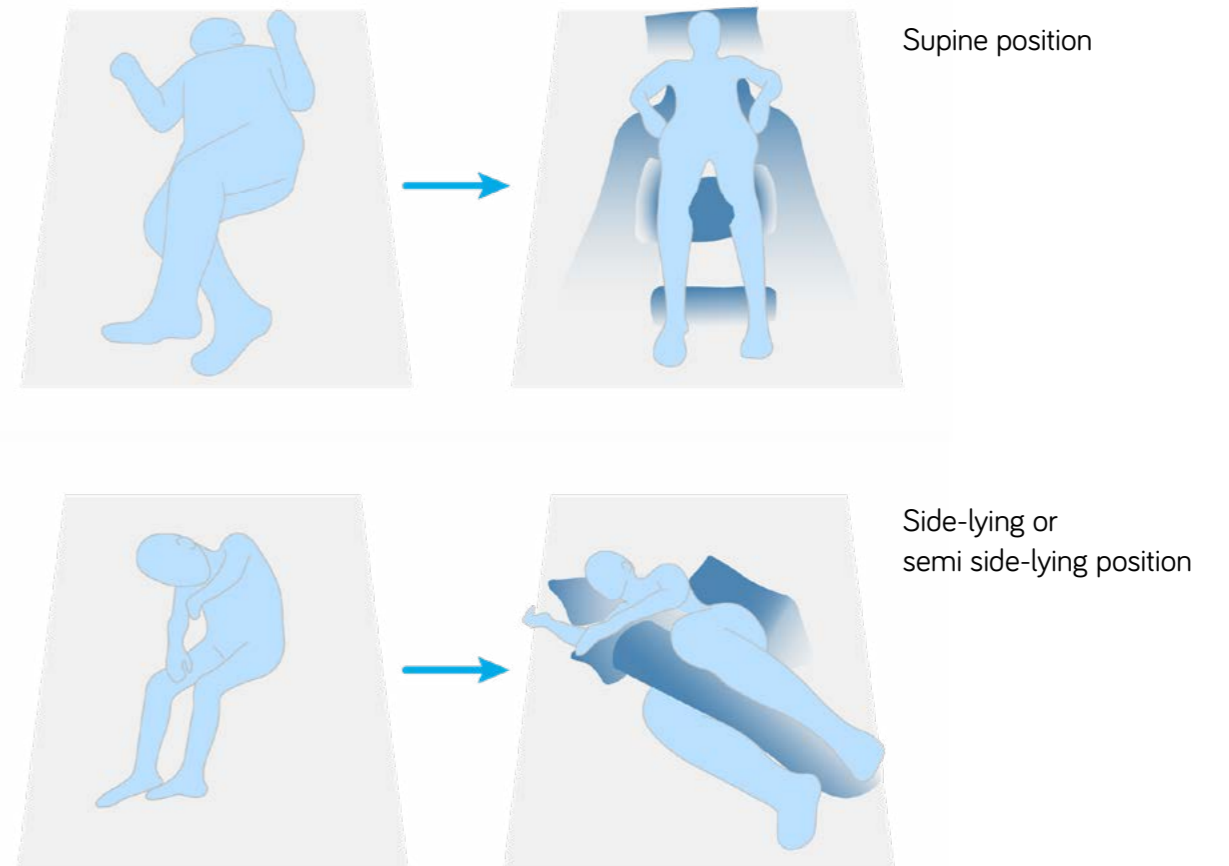
	CareWave	Poz'In'Form	Snooooooze	Simple Stuff Works	Jenx Dreama
Stability	1	2	2	3	3
Immersion	3	2	1	2	2

1 = Lowest 3 = Highest

## What are the safest positions for lying?

Resting or sleeping in a supported **supine** position (on the back) is considered the safest position to prevent body shape changes and skin breakdown. Supine lying must be symmetrical, or as symmetrical as possible, and maintained for as long as possible. To keep the pelvis and shoulders aligned, use external supports as needed. These supports should gently stabilise both sides of the pelvis and trunk, with additional support at the hips towards the midline. It may also be necessary to provide support under the knees and/or lateral supports to prevent collapsing to the sides. Ensure the feet are supported and monitor for increased pressure at the heels.

For clients with individual risk factors who need to rest in a **side-lying** or **semi side-lying** position, provide support for the back (trunk and pelvis), chest, and top leg. This helps reduce compression and rotation caused by the unsupported thigh. Avoid prolonged prone positioning (on the stomach) as it is the most detrimental for resting or sleeping. The weight of the spine can compress the chest and cause pelvic asymmetry, leading to physiological dysfunction, tissue shortening, and pain.



## Decision-making considerations

Successful posture care management interventions require a careful understanding of the user, their individual needs and goals. The way we select, use and configure a product can influence outcomes.

This catalogue has been designed to assist therapists and other stakeholders with the decision-making process behind the selection of equipment to prescribe or use during a trial session.

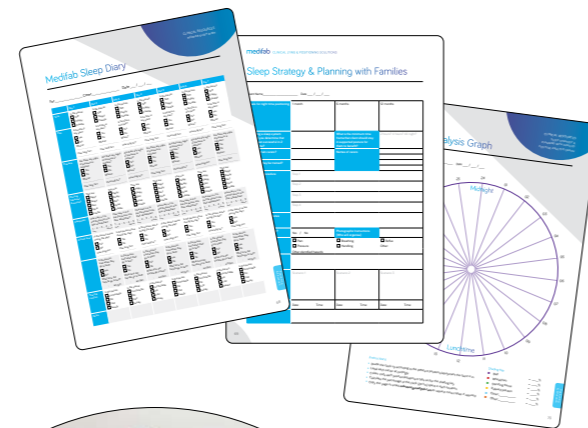
We will highlight product features and demonstrate practical considerations for functional and postural goals. The strategies provided throughout the catalogue are general and do not replace a thorough assessment and clinical judgment. Practical and useful tools will be provided to assist with data collection and the decision-making process.

We recommend using the information provided at your discretion.

### There are several factors to consider before implementing a night-time positioning intervention. To mention a few:

- Individual goals
- Client's preferences
- Risk factors – seizures, incontinence, thermoregulation issues, pressure care needs
- Environment – bed, mattress, etc...
- Lack of sensation
- Sleep disturbances
- Transfers
- Postural asymmetries
- Co-sleeping needs
- Funding

To assist therapists and other stakeholders with the decision-making process, we have developed an assessment form to help with the data collection (refer to page 67).

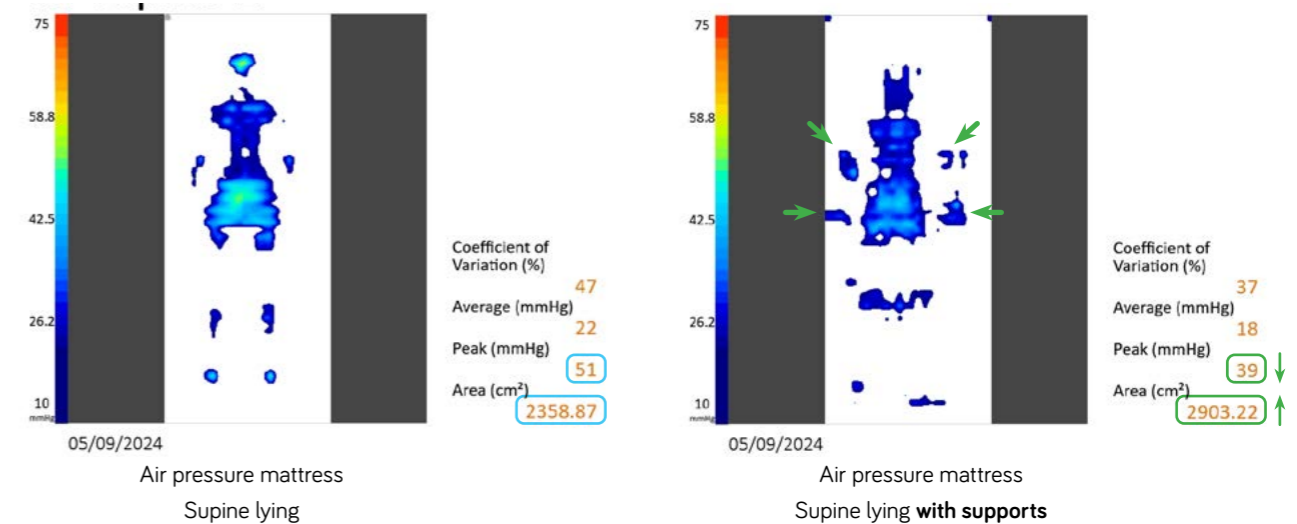


## Pressure Care

Clients at high risk of developing pressure injuries can greatly benefit from night-time positioning. By re-orienting body segments and increasing surface contact, this approach helps reduce localised pressure. Comparing pressure distribution results with and without supports reveals dramatic improvements, with a clear dispersion of pressure, a reduction in peak localised pressure, and an increase in surface contact area.

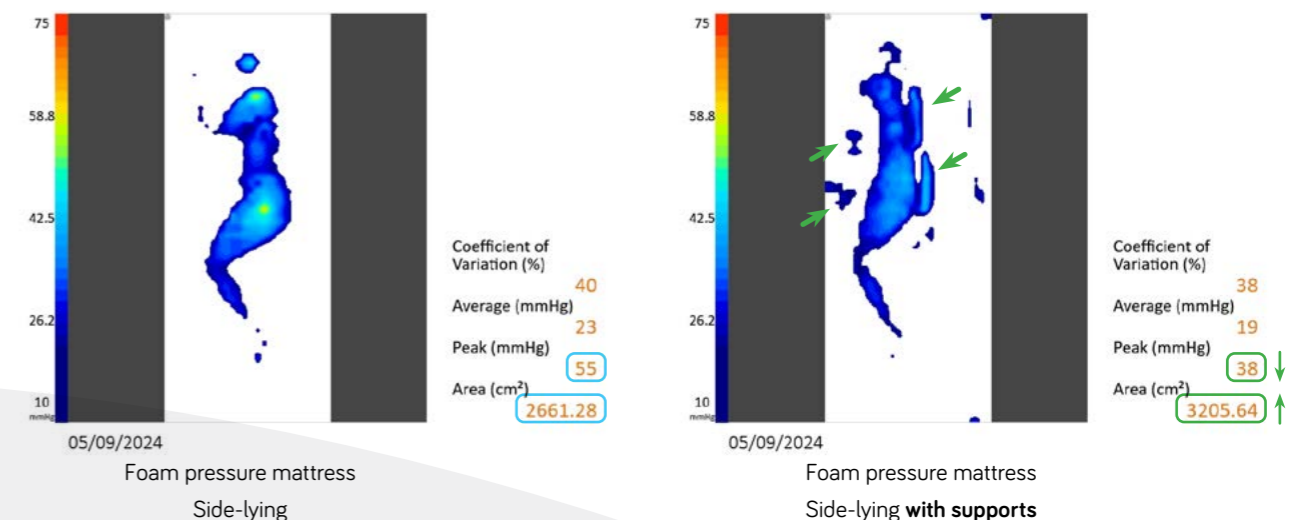
### Pressure distribution improved by positioning

Supported lying helps to distribute the body weight evenly, reducing the risk of developing pressure injuries.



### Dispersion of pressure

The use of positioning supports helps disperse pressure, ultimately decreasing localised pressure and increasing overall pressure distribution.



## Thermal Comfort

Temperature regulation can be challenging for individuals with neurological impairments due to the intricate interactions between the nervous system, autonomic nervous system, motor system, and endocrine system, all coordinated by the hypothalamus.

Our body responds to changes in core temperature through both reflexes and behaviours to maintain stability. When the core temperature is too warm (*hyperthermic*), the body tries to dissipate excess heat by sweating. Conversely, when the core temperature is too cold (*hypothermic*), the body generates heat through shivering and muscle contractions.

The skin's microclimate, the localised environment at the interface between the skin and the support surface, is influenced by factors such as temperature, humidity, and airflow. Using 'active' and 'technological' fabrics can positively affect the skin's condition, and the body's thermoregulation process. These fabrics help the skin maintain its structure and performance, keeping the user cool and comfortable.

For optimal thermoregulation, fabrics and materials with low insulation values are best, such as 100% cotton, natural fibres, bamboo sheets, and Outlast® sheets. Materials with high insulation values, like synthetic sheets, polystyrene, and polyurethane are not recommended.

## Incontinence Management

Night-time incontinence can compromise skin integrity and barrier function, increasing the risk of skin breakdown.

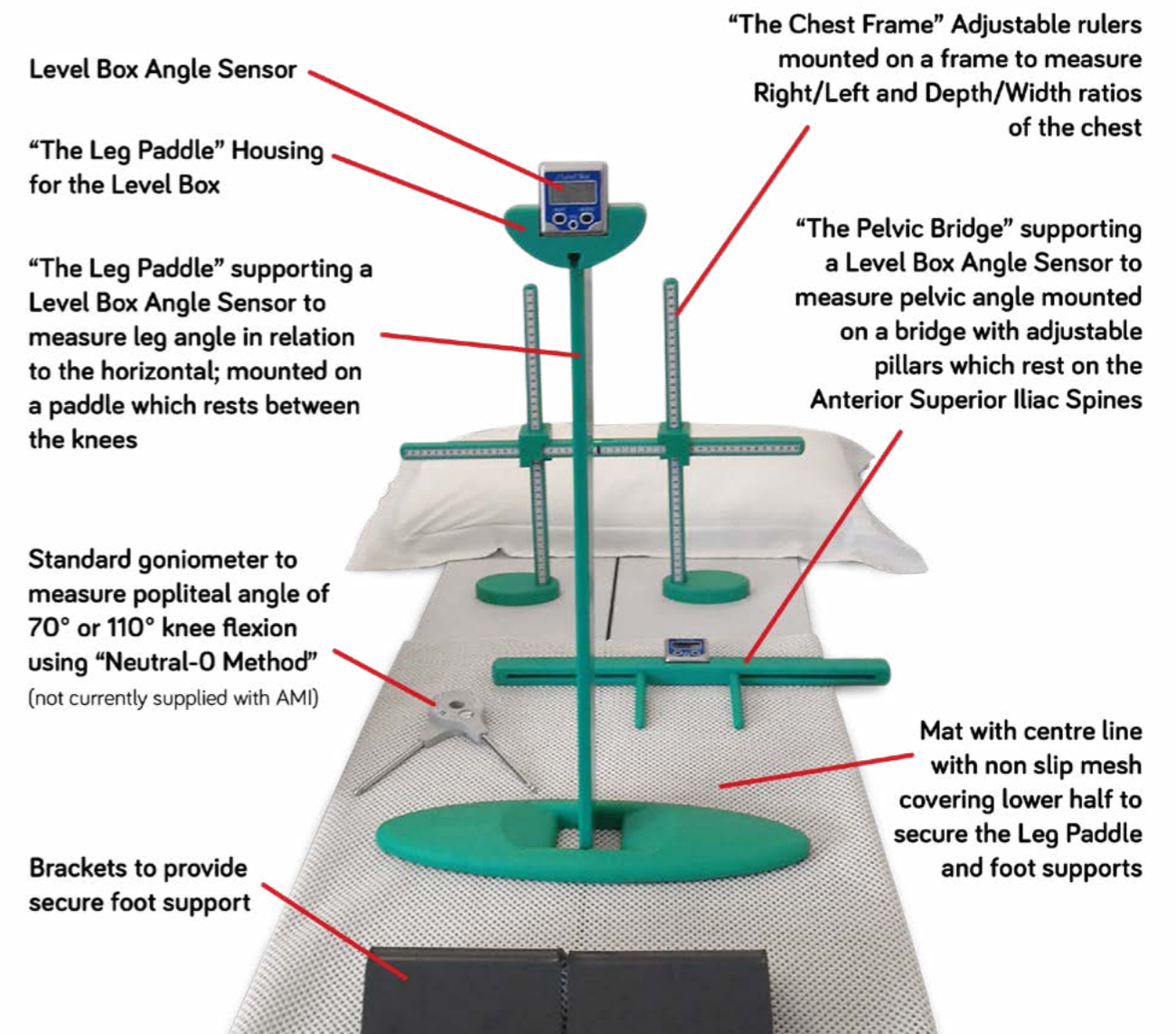
When using sleep systems with wipe-down cover options, it is crucial to ensure proper management of incontinence. Excessive moisture and heat around the body can negatively impact skin health and overall well-being.

We recommend using breathable products or alternative breathable covers to help keep the skin dry overnight. Additionally, managing incontinence with pads or absorbent materials is essential for maintaining skin integrity and comfort.

## Measuring and Monitoring Body Shape Anatomical Measuring Instrument (AMI)

The Anatomical Measuring Instrument is designed to measure the **Goldsmith Indices of Body Symmetry**, the only validated, objective measurements of body shape available. Alterations in critical dimensions of the chest demonstrate that someone will be experiencing reduced internal capacity of the abdomen and thorax which can lead to secondary complications.

The AMI measures these dimensions along with pelvic and leg rotation. The AMI allows families and healthcare professionals to build up a comprehensive picture of an individual's body shape and develop a therapeutic positioning plan driven by this information.







## Lying and Positioning



A 24-hour postural management program is essential to ensuring posture is maintained at its optimum level.

Because everyone is different and has different needs for positioning, Medifab's lying and positioning range includes basic pillows to highly customised sleeping systems.

This large array of components can be customised to suit the user's needs and body shape.

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## Poz'In'Form®

Adequate positioning is crucial in the prevention of pressure injuries. The Poz'In'Form positioning range is made from advanced materials, ensuring enhanced comfort and effective pressure management. With an option for either a breathable or wipe-down outer cover, the use of each cushion can be tailored to the user's needs. The filling consists of thin microfibre which perfectly conforms to the body shape, ensuring optimal pressure distribution whilst contributing to a significant reduction in friction and shearing forces.



## Pharmatex or Lenzing FR Cover

All supports in the Poz'In'Form range use a specialised microfibre filling which easily moulds to body shape. This filling is highly breathable, assisting with temperature regulation and moisture wicking. A standard inner cover made of breathable micropore material is provided to contain the filling.

### Cover Options

For each Poz'In'Form support, there are two outer cover options available:



- **Pharmatex** – The Pharmatex bi-elastic cover is made of polyurethane and is recommended for use in hospitals or clinical settings. Pharmatex is soft to the touch and comfortable next to the skin, while still easy to clean.

- **Lenzing FR** - The Lenzing FR cover is made of viscose, coated with a waterproof polyurethane film. Lenzing FR is a major innovation in the positioning of users who are immobile long term. The hygroscopic properties of viscose allow moisture absorption, preventing maceration. Moreover, the elasticity and flexibility of Lenzing FR are particularly suitable for problems regularly observed in classical positioning.



Poz'In'Form covers are entirely removable and washable.

## Effective Positioning

- Poz'In'Form cushions are designed to be a versatile support solution for users who require comfort and positioning due to long-term use of lying positions. The microfibre prevent creep effects that are regularly observed in classical positioning and from early deterioration of the support. The various forms and models of Poz'In'Form allow for a wide range of positioning possibilities.



## Positioning Comfort

- The advanced positioning cushions serve to enhance the proper alignment of users who spend a long time lying. They correct abnormal posture, distribute weight evenly, and prevent pressure injuries. Additionally, they ensure user safety, minimise the risk of microbial infections, and promote overall comfort and well-being.

## Poz'In'Form Kit

- Transport bag
- Universal cushion 550mm x 400mm
- Half-moon cushion
- Semi-lateral decubitus cushion
- Cylindrical cushion
- Ring cushion
- Heel cushion with strap
- Occiput head cushion
- Pharmatex covers or Lenzing covers

### Effective Positioning

The Poz'In'Form Kit contains the most sought-after items for individuals requiring support in both supine and semi side-lying positions. Each component is conveniently packed in a transport bag, facilitating easy storage and transportation for use in various locations as needed.



	Pharmatex	Lenzing FR
Code	7009-0001-269	7009-0001-279

## Poz'In'Form Half-Moon

- When used in supine, the Half-Moon supports and holds the user's back in a comfortable and symmetrical position.
- Can also be used around the pelvis and under the legs to support a small amount of hip and knee flexion, whilst providing stability to the pelvis.



	Pharmatex	Lenzing FR
Code	7009-1851-269	7009-1851-279
Length	2000mm	
Width	300mm	

## Poz'In'Form Delta

- This cushion is highly versatile and can be used in multiple applications. The Delta can be used to support side and semi side-lying positions, providing support to the user's back and pelvis.
- It can also be used in a semi-fowler position, helping to maintain a comfortable position while relieving pressure in sensitive areas (sacrum, ischial tuberosities, heels) and shifting it to low-risk zones (calves, thighs and back).



	Pharmatex	Lenzing FR
Code	7009-0551-269	7009-0551-279
Length	560mm	
Height	280mm	
Depth	320mm	

## Poz'In'Form Semi-Lateral Decubitus

- Used as a multi-purpose cushion to comfortably support shoulders, back, hips and knees when the user is in side and semi side-lying positions.
- Part of the cushion can also be used between the legs for reduction of friction and shearing forces.

	Pharmatex	Lenzing FR
Code	7009-3001-269	7009-3001-279
Length	1850mm	
Width	350mm	



## Poz'In'Form Universal

- With three sizes available, the Universal cushion can be used in many different ways. In lying down the 550 x 400mm size can be used to support knee flexion and moderate hip abduction.
- The smaller cushions help to hold the user in optimal positioning, thus reducing pressure injury risks and destructive postures.

Pharmatex			Lenzing FR				
Code	7009-1251-269	7009-1253-269	7009-1252-269	Code	7009-1251-279	7009-1253-279	7009-1252-279
Length	350mm	400mm	550mm	Length	350mm	400mm	550mm
Depth	250mm	150mm	400mm	Depth	250mm	150mm	400mm



## Poz'In'Form Cylindrical

- Placed between the legs, friction and shear forces on the thigh and knee area can be reduced.
- Alternatively use under ankles to relieve pressure.

	Pharmatex	Lenzing FR
Code	7009-1501-269	7009-1501-279
Length	750mm	
Diameter	180mm	



## Poz'In'Form Ring & Half Ring

- In combination with the cylindrical cushion, the Half Ring cushion reduces friction and shearing effects on the inner sides of knees and thighs and holds hips abducted. It can also be used under the neck.
- This cushion can be used in addition to Universal, Delta or Cylindrical cushions to support the user's posture.

	Half Ring	Ring
Pharmatex	7009-4051-269	7009-4081-269
Lenzing FR	7009-4051-279	7009-4081-279
Length	1050mm	1350mm
Width	220mm	200mm



## Poz'In'Form Wedge Abduction

- Effective in supporting a user in hip abduction when lying down.
- Used between the legs to reduce friction and shearing forces on the inner thigh, knees and calves.

	Pharmatex	Lenzing FR
Code	7009-1551-269	7009-1551-279
Length	350mm	
Height	150mm	
Small Width	100mm	
Large Width	300mm	



## Poz'In'Form Occiput

- The Occiput cushion has been designed to support the curvatures of the head and neck. The hollow ensures optimal positioning and pressure relief for the occipital area.
- The combination of memory foam and microfibre allows regular relief for contact zones.

	Pharmatex	Lenzing FR
Code	7009-4751-269	7009-4751-279
Length	500mm	
Height	90mm	
Width	400mm	



## Poz'In'Form Hand Wedge

- This positioning cushion for the hand reduces pressure on skin areas at risk of pressure injury.
- Use may be indicated post surgery.
- Due to its size, the hand wedge is able to provide support and pressure distribution for the forearm, including the elbow, wrist and hand.

	Pharmatex	Lenzing FR
Code	7009-5411-269	7009-5411-279
Length	390mm	
Height	90mm	
Width	220mm	



## Positioning Overviews



SleepShape W Cushion, and a Poz'In'Form Cylindrical Cushion



Two Poz'In'Form Hand Wedges, Delta and a Heel Cushion

## Poz'In'Form Heel Cushion

- Placed at the bottom of the bed and fixed in place using the adjustable strap under the mattress.
- Effective in reducing pressure on the heels through elevation from the mattress.

	Pharmatex	Lenzing FR
Code	7009-5201-269	7009-5201-279
Length	850mm	
Diameter	250mm	



Poz'In'Form Occiput, two Hand Wedges, Cylindrical Cushion, Half Ring over the Cylindrical cushion and two Heel Wedges



Poz'In'Form Universal (under the Half-Moon), Half-Moon, Delta and a Cylindrical Cushion

## Poz'In'Form Heel Wedge

- This cushion can assist in shifting pressure points from the high-risk heel area to low-risk zones (calves and knees).
- The heel is completely off the mattress and the weight of the lower leg is distributed evenly across the cushion.

	Pharmatex	Lenzing FR
Code	7009-5401-269	7009-5401-279
Length	480mm	
Height	120mm	
Width	300mm	



Poz'In'Form Universal, Half-Moon, Ring over the Half-Moon and a Cylindrical Cushion



Poz'In'Form Half Moon and an Abduction Wedge

# Positioning Overviews



Poz'In'Form Occiput, two Cylindrical Cushions, Abduction Wedge and a Heel Cushion



Poz'In'Form Universal, two Delta cushions and a Cylindrical Cushion - Semi side-lying



Poz'In'Form Occiput, two Cylindrical Cushions (under the sheet), Cylindrical Cushion (under the leg), Ring (over the Cylindrical) and Universal Cushion



Poz'In'Form Universal, Delta and a Decubitus Cushion - Side-lying



Poz'In'Form Occiput, Decubitus Cushion and a Hand Wedge - Side-lying



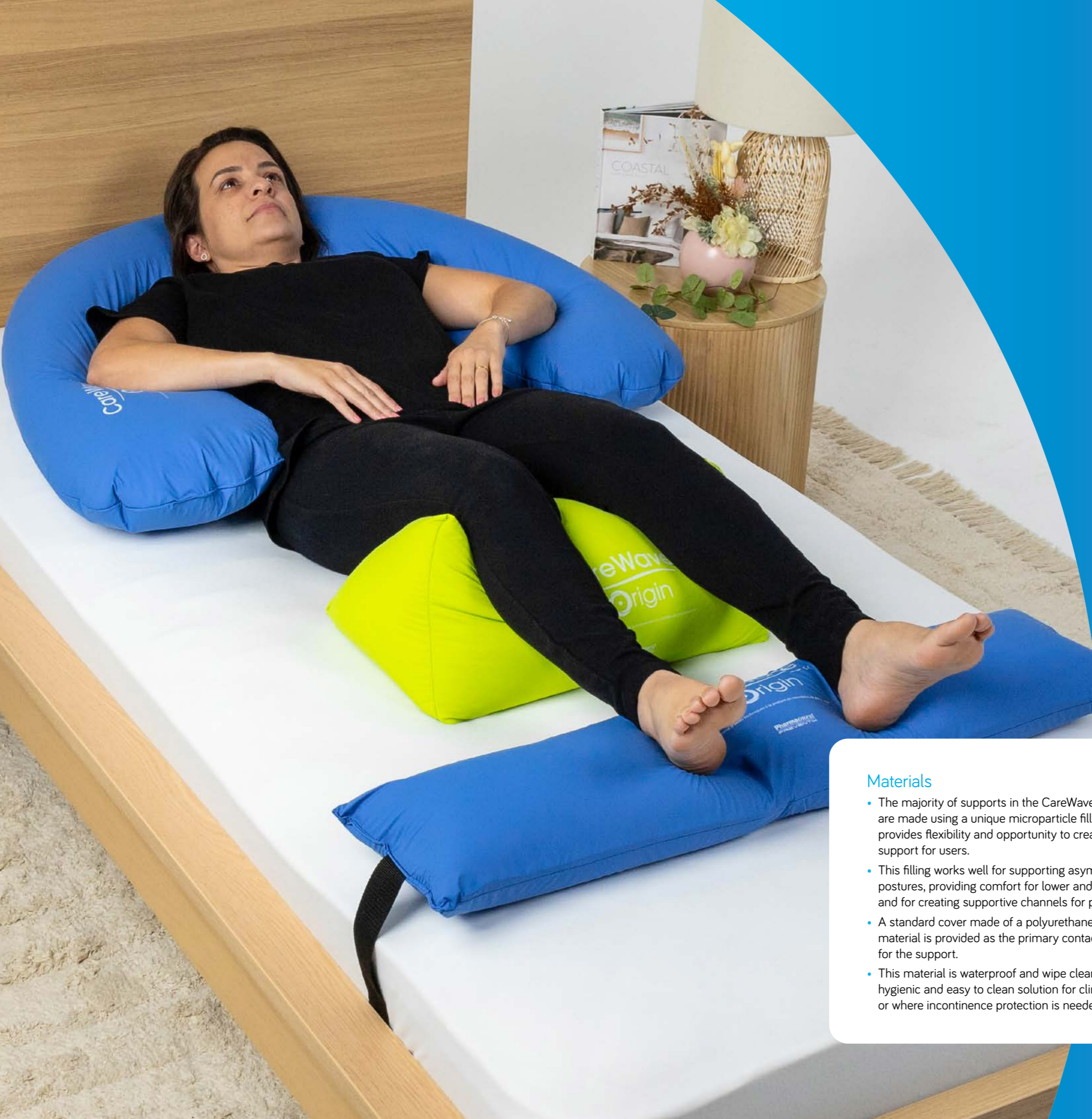
Poz'In'Form Occiput, Decubitus Cushion and a Hand Wedge - Semi side-lying



Poz'In'Form

# CareWave

CareWave is an informal postural support system which provides great positioning for users in lying. Like Poz'In'Form, CareWave cushions are highly versatile and are also commonly used in other applications outside of the lying environment. This range consists of a wipeable outer cover as standard, making these cushions ideal for environments where infection control is a priority, or where the user requires components of their support system to be incontinence proof. In addition, CareWave uses an innovative microparticle filling which provides an opportunity to create stable contouring support that holds the user in the desired posture.



## Materials

- The majority of supports in the CareWave range are made using a unique microparticle filling which provides flexibility and opportunity to create contoured support for users.
- This filling works well for supporting asymmetric postures, providing comfort for lower and upper limbs, and for creating supportive channels for positioning.
- A standard cover made of a polyurethane blended material is provided as the primary contact surface for the support.
- This material is waterproof and wipe clean, offering a hygienic and easy to clean solution for clinical settings or where incontinence protection is needed.

## Cover Options

Optional outer covers are available for most CareWave items, made from a breathable and comfortable cotton Terry Towelling material\*.

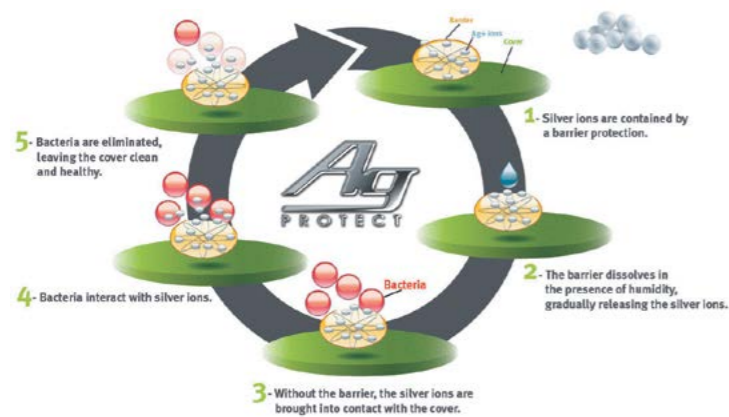
Benefits include:

- Easily removable for washing.
- Breathable material allowing skin to release heat
- Absorbent - wicks away perspiration, saliva etc.

\*alternative cover options available including Outlast® fabric options. See 'Thermal comfort' details found on page 13.

## CareWave Details

- Body positioning system which offers lying and seating support to infants and adults.
- Various cushion shapes are available depending on the user's need.
- Unique microparticle filling provides flexibility and a moulding effect; essential to support asymmetric postures, fill body gaps and for comfort around the user's body and limbs.
- Outer cover of CareWave cushions: waterproof polyamid bi-elastic fabric (47%) coated with polyurethane (53%), coating with antibacterial treatment.
- Filling: 100% polystyrene micro-particles.
- Fire standard: passes the requirements of EN 597 - 1&2 and EN ISO 12952 - 1 to 4.



### AVAILABLE IN 2 SIZES

Green CareWave = Small Sizing  
Blue CareWave = Large Sizing

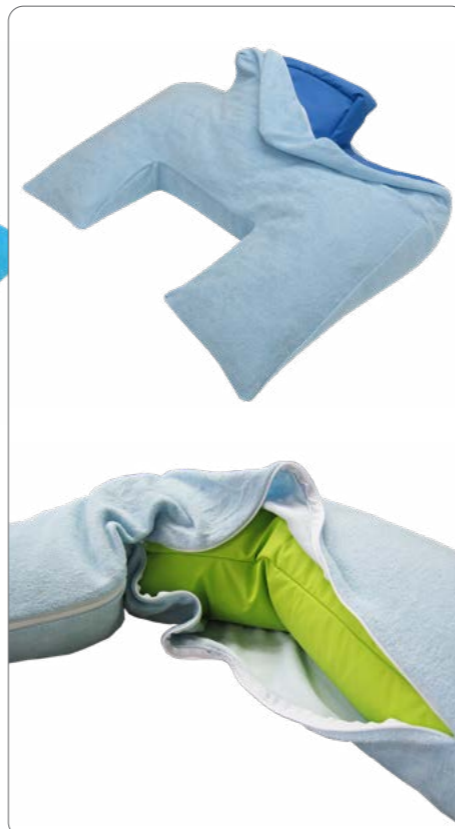


## Cushion Covers

Cushion covers can be added to most sleep system items. Medifab suggest that at least one cover is purchased with each cushion.

Benefits include:

- **Quick and easy** to launder.
- **Breathability** – allows skin to release moisture.
- **Soft to touch** – provides comfort.
- **Absorbent** – wicks away perspiration, saliva etc.



## Cleaning Instructions

**Cushion Maintenance:**  
Wipe with usual detergent.



## CareWave Semi-Fowler

- Gives support and holds the user comfortably in a semi-fowler position. Alternatively, it can be used to support the hips and knees.
- When placed backward, it supports the thighs; when positioned forward, it supports the calves. It should always be used with a foot support to prevent excessive pressure on the heels.

	Small	Large
<b>Code</b>	7007-1852-045	7007-1851-066
<b>Width</b>	500mm	700mm
<b>Depth</b>	350mm	500mm
<b>Height</b>	120mm	140mm
<b>Cover Code</b>	7007-1852-270	7007-1851-270



## CareWave Half-Moon

- Gives support, holds the user comfortably in a lying or sitting position and can be used to stabilise the upper body. The filling can be moved within the cushion allowing the user's head and arm height to be adjusted.
- If one wishes to counteract unwanted lateral movement of the body, the ends of the Half-Moon can be pushed under the hip area. Body weight will stabilise the pelvis and prevent unwanted movement.

	Small	Large
<b>Code</b>	7007-4052-045	7007-4051-066
<b>Length</b>	1400mm	1800mm
<b>Width</b>	250mm	300mm
<b>Cover Code</b>	7007-4052-270	7007-4051-270



## CareWave Delta

- Create lateral stability using one cushion, one on each side, or an extra cushion to create a neutral position in the knee and hip joints.
- Supports and prevents the user from falling forwards or backwards from a side-lying position.
- Can be used in a semi-fowler position by placing under the legs.

	Small	Large
<b>Code</b>	7007-0552-045	7007-0551-066
<b>Width</b>	400mm	550mm
<b>Depth</b>	200mm	300mm
<b>Height</b>	200mm	300mm
<b>Cover Code</b>	7007-0552-270	7007-0551-270





## CareWave Decubitus

- Supports shoulders, back, hips and knees of the user in a side-lying position.
- Provides excellent trunk stability while the hip and knee angles can be changed.
- Lower part of the cushion can be used between the legs, preventing adduction and supporting the top hip joint in a neutral or slightly abducted position.
- Can also be shaped into a U-shaped cushion by adjusting the fill and rotating one end. This provides support for a neutral position for the knee and hip joints in supine.
- The ends also provide support for the elbows.

	Small	Large
<b>Code</b>	7007-3002-045	7007-3001-066
<b>Width</b>	250mm	300mm
<b>Length</b>	1400mm	1800mm
<b>Cover Code</b>	7007-3002-270	7007-3001-270



## CareWave Universal

- The Universal cushion is one of the most versatile options in the CareWave range. It can be used between the knees, calves, heels, placed along the torso, or even used as a head pillow.
- If used around the airways, we recommend ordering it with a breathable cover.

	Small	Large
<b>Code</b>	7007-1252-045	7007-1251-066
<b>Length</b>	450mm	600mm
<b>Width</b>	300mm	400mm
<b>Cover Code</b>	7007-1252-270	7007-1251-270



## CareWave Cylindrical

- Can be used between the legs or under the heels and ankles to reduce pressure.
- Prevents the user from falling forward from a side-lying position.
- Provides sufficient support to achieve a corrected position for many users.
- Use for corrected side-lying positioning for sufficient angles to keep the airway open and to ensure a neutral position in the involved joints.

	Small	Large
<b>Code</b>	7007-1502-045	7007-1501-066
<b>Length</b>	450mm	700mm
<b>Diameter</b>	140mm	170mm
<b>Cover Code</b>	7007-1502-270	7007-1501-270



## CareWave Body Bolster

- The Body Bolster provides complete support from head to feet.
- Primarily used to support postures in semi side-lying, the Body Bolster is an excellent option for reducing the need for multiple items.

	Small	Large
<b>Code</b>	7007-3502-045	7007-3501-066
<b>Length</b>	1350mm	2100mm
<b>Width</b>	200mm	350mm
<b>Cover Code</b>	7007-3502-270	7007-3501-270



## CareWave Ring Cushion

- The Ring Cushion offers versatile support options. It can be used to support the head and neck or, when combined with a cylindrical pillow, to support a protective hip position and prevent contact between the knees.
- If used around the airways, we recommend ordering it with a breathable cover.

	Small	Large
<b>Code</b>	7007-4082-045	7007-4081-066
<b>Width</b>	350mm	400mm
<b>Cover Code</b>	7007-4082-270	7007-4081-270



## CareWave Abduction Wedge

- Effective in supporting a user in hip abduction when lying down.
- Used between the legs to reduce friction and shearing forces on the inner thigh, knees and calves.
- Can also be placed under the arm.

	Small	Large
<b>Code</b>	7007-1552-045	7007-1551-066
<b>Width</b>	120mm	150mm
<b>Depth</b>	230mm	300mm
<b>Height</b>	150mm	200mm
<b>Cover Code</b>	7007-1552-270	7007-1551-270



## CareWave Bow Cushion

- The Bow Cushion can be used between the knees as an abduction cushion, or used under the heels to reduce pressure.

	Small	Large
Code	7007-1602-045	7007-1601-066
Length	280mm	340mm
Width	190mm	240mm
Height	60mm	100mm
Cover Code	7007-1602-270	7007-1601-270



## CareWave Hemi-Care Cushion

- Supports and holds the upper limbs in a stable position, promoting extension of the spine and assisting with an upright posture. Both parts of the Hemi Arm are fixed together with Velcro strips.
- Maintains the arm in a comfortable and supported position, particularly beneficial for those with shoulder subluxation concerns, reducing pressure on the shoulder joint and improving pressure distribution around the elbow.

	Small	Large
Code	7007-5522-045	7007-5521-066
Length	450mm	480mm
Width	300mm	350mm



## CareWave Ear Protection Cushion

- Comfortably supports the user's head and relieves contact on the ear area in order to prevent pressure injuries.
- Comes standard with two cotton covers.

Code	7007-4751-066
Length	300mm
Width	300mm



## CareWave Heel Cushion

- Fixes underneath the mattress at the heel area with an adjustable strap.
- Supports ankles and relieves pressure on the heel zone.
- Breathable covers are available to prevent moisture build-up around the heels

Code	7007-5201-066
Length	900mm
Width	180mm



## CareWave Heel Bootie

- Designed to protect and prevent the feet/heels from injury and pressure injuries and to provide comfort whatever the user's position.

	Small	Large
Code	7007-5302-045	7007-5301-067
Length of foot surface	250mm	300mm



## CareWave Fitleg Evo

- Fitleg Evo has abduction module to limit friction around the knee and thigh, whilst preventing excessive adduction in the case of high-tone.
- Positioning device for proper orthopaedic alignment of lower limbs which prevents front sliding, friction and shear. Anatomic shape provides maximum comfort and stable positioning.
- Prevention of knee hyper-extension due to the anatomic shape.
- Viscoelastic foam combined with HR foam base provides maximum comfort.
- Reduces pressure on heels area with support on calves and thighs.

Code	7007-1811-066
Length	580mm
Width	550mm
Height	120mm



# Positioning Overviews



CareWave Half-Moon (large), Delta (small) and Heel Cushion



CareWave Universal (large), Half-Moon (large) and Cylindrical (large)



CareWave Delta (large) under the Semi-Fowler (large), Hemi-Care Cushion (large), Cylindrical (large), Ring Cushion (small) and Universal (large)



CareWave Universal (small), Delta (large) and Universal (large)



CareWave Fitleg Evo



CareWave Universal (large), Semi-Fowler (large, reversed) and Heel Bootie (large)



CareWave Decubitus (large) and Universal (small) - Side-lying



CareWave Decubitus (large), Cylindrical (small), Delta (large), and Delta (small) - Semi side-lying



CareWave Ring Cushion (small), Abduction wedge (large) used under hand, Semi-Fowler (large) and Universal (large)



Two CareWave Cylindricals (large) under the sheet, Bow Cushion and Universal (large)



CareWave Decubitus (large), Delta (large) and Delta (small) - Side-lying



CareWave Body Bolster (small), Decubitus (small) and Cylindrical (small) - Semi side-lying



## Simple Stuff Works®

The Simple Stuff Works way provides high-quality education and therapeutic positioning equipment to eradicate the preventable problems associated with body shape distortion.

### Materials

- When used as a formal sleep system, a base layer combination of stabilising mesh, temperate topper and fitted sheet is required. All layers are designed to be breathable and washable. Further details on the materials used in these items can be found in the corresponding sections of this catalogue.
- The majority of Simple Stuff Works (SSW) supports use fibre filling, which is either in a compressed or standard form depending on the support option. Fibre is a highly breathable material which works well for promoting temperature regulation and moisture wicking.
- Supports which use the standard fibre have the added function of removable filling, allowing the volume of the support to be tailored to meet the needs of the user.

### Cover Options

- The majority of supports are provided with a breathable and comfortable outer cover as standard.
- Some supports are supplied with two covers, providing an inner and outer cover layer. In some cases, the inner cover can be scripted in either a waterproof or breathable material. Where this choice is not available, the inner cover is supplied in a breathable material as standard.



From our family to yours

Simple Stuff Works advisors and colleagues are all highly experienced, having written some of the leading research into postural care and its effects. Medifab educators have been up-skilled by these individuals and are ambassadors to promote the protection of body shape.



Therapeutic positioning requires a comprehensive understanding from everyone involved if it is to be implemented successfully. Medifab with Simple Stuff Works is equipped to offer a range of training to support families, healthcare professionals and indeed anyone with an interest in therapeutic positioning. Our courses are accredited and license delegates to join a worldwide community of postural care leaders with access to all our training materials and support.

Simple Stuff Works take pride in the fact that their equipment is silent, hygienic and simple to use. Training programs are available in Australia and New Zealand and will allow you to implement this powerful form of therapy as safely and as humanely as possible.



## We spend a third of our lives in bed!

### What are the benefits of night-time positioning?

There is a growing body of evidence demonstrating that night-time positioning is beneficial to people with mobility impairment, particularly when considered as part of a 24-hour postural management program.

### What is the best position to lie for long periods of time?

Symmetrical supine lying has been found to protect and restore body shape, muscle tone and quality of life for people who would otherwise be left to become static in destructive lying postures.

## How Simple Stuff Work works:

- The intended purpose of Simple Stuff Works is therapeutic positioning of the body in the lying posture, and is a gentle therapy used for those with movement difficulties.
- When used correctly it may help protect and restore an individual's body shape. The system has no Velcro or screw action fixings, so silent changes of position can be made with little disruption to the person whilst in bed. A range of supportive options is available to customise positioning to individual needs and goals.



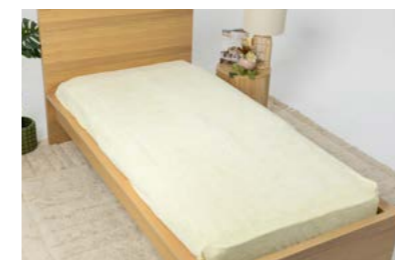
1. Fit the mattress with mesh layer 1 (wider)



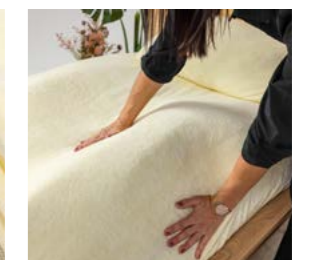
2. Arrange the mesh layer 2 (narrower) on top



3. Place the temperature topper over the mesh



4. Fit the cotton sheet over the top



5. Position lateral supports or wedges in between mesh layers to keep in place



6. Add additional supports to achieve optimal positioning

## Simple Stuff Works Packages

Packages are available in three sizes with common items.

	Infant Package	Child Package	Adult Package
<b>Code</b>	7150-7001-C00	7150-7002-S00	7150-7003-S00
<b>User Age</b>	For infants from 0 to 5 years of age	For children from 5 to 12 years of age	For adults from 12+ years of age
<b>Package Includes</b>	<ul style="list-style-type: none"> <li>• 2x cot Bed Mesh</li> <li>• 2x cot Toppers</li> <li>• 2x cot cotton sheets</li> <li>• 2x small Lateral Supports</li> <li>• 2x small Wedges</li> <li>• Small Horseshoe pillow</li> <li>• Simple Stabiliser Size 1</li> <li>• Travel bag</li> </ul>	<ul style="list-style-type: none"> <li>• 2x single Bed Mesh</li> <li>• 2x single Toppers</li> <li>• 2x single cotton sheets</li> <li>• 2x medium Lateral Supports</li> <li>• 2x small Wedges</li> <li>• 2x small Lateral Supports</li> <li>• Simple Stabiliser Size 2</li> <li>• Small Terry Towelling Pillow</li> <li>• Travel bag</li> </ul>	<ul style="list-style-type: none"> <li>• 2x single Bed Mesh</li> <li>• 2x single Toppers</li> <li>• 2x single cotton sheets</li> <li>• 2x medium Lateral Supports</li> <li>• 2x medium Wedges</li> <li>• 2x large Lateral Supports</li> <li>• Large Terry Towelling Pillow</li> <li>• Travel bag</li> </ul>



## Simple Stuff Works Stabilising Mesh

- The base of the sleep system starts with a set of two layers of non-slip mesh. Supports are placed between the two layers around the individual to create the ideal position for them.
- One of the most hygienic bases for a positioning system being anti-microbial, complete with SteriTouch running through it, anti-mite, anti-fungal, entirely washable and conforms to Oeko-Tex Standard 100.
- Firmly holds any supports and is completely silent to use, making changes in position throughout the night as gentle and calm as possible.
- Can also be used to hold other pieces of equipment in place as well as holding the individual, which means that the overall positioning system is very secure whilst allowing for easy changes in position.



	Cot Bed Size	Single Bed Size
<b>Code</b>	7150-7011-C00	7150-7012-S00
<b>Length</b>	<b>Base layer:</b> 1600mm <b>Top layer:</b> 1600mm	<b>Base layer:</b> 1790mm <b>Top layer:</b> 1810mm
<b>Width</b>	<b>Base layer:</b> 1530mm <b>Top layer:</b> 1080mm	<b>Base layer:</b> 1520mm <b>Top layer:</b> 990mm

## Simple Stuff Works Temperate Topper

- Pair of soft mattress toppers which are non-dynamic, neither cooling nor warming the individual so as not to interfere with their unique temperature regulatory system; an essential safety feature for those who find it difficult to control their temperature.
- Used underneath the sheet on top of the layers of Stabilising Mesh.
- Made with a state-of-the-art material which is machine washable to 60°.
- Wicks moisture away from the skin and allows air to circulate around an individual, helping to maintain a dry, temperate environment for them to rest in
- Envelopes the body the body, providing a snug and comfortable layer between lateral supports and can gently be used to de-rotate the spine and chest.



	Cot Bed Size	Single Bed Size
<b>Code</b>	7150-7051-C00	7150-7052-S00
<b>Length</b>	1000mm	1000mm
<b>Width</b>	590mm	1000mm

## Simple Stuff Works Fitted Sheets

- Made from a beautiful material which is both hard-wearing and soft, to ensure maximum comfort.
- Extra stretchy meaning supports can be placed around an individual and the sheet will still conform to their body.

	Cot Bed Size	Single Bed Size	Queen Bed Size
<b>Code</b>	7150-7121-C00	7150-7122-S00	7150-7123-S00
<b>Length</b>	1400mm	1900mm	2000mm
<b>Width</b>	700mm	900mm	1500mm



## Simple Stuff Works Wedges

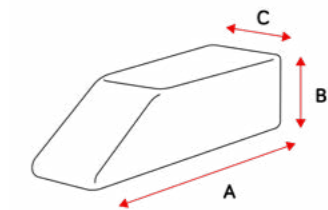
- Made with a specialist fibre and covered in a soft, yet durable polyester-mix material.
- Fibre is highly breathable and wicks moisture away from the skin allowing the person to remain comfortable whilst reducing the risk of tissue damage.
- Tapered at one end to facilitate use in a variety of positions.



Also available in an option for air mattresses, designed to grip directly to the mattress surface.

See scripting and ordering guide for more information.

	Small (Foam)	Small (Air)	Medium (Foam)	Medium (Air)
<b>Code</b>	7150-7351-000	7150-7326-000	7150-7352-000	7150-7327-000
<b>A</b>	220mm	320mm	360mm	310mm
<b>B</b>	110mm	140mm	80mm	110mm
<b>C</b>	110mm	110mm	90mm	130mm



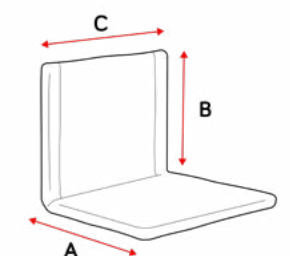
## Simple Stuff Works Padded Lateral Supports

- Perfect for providing firmer support for an individual.
- L-shaped and covered with soft, washable, removable pads.
- Positioned between the two layers of stabilising mesh which holds them in place securely.
- Can also be used to stabilise other support items such as leg supports or pillows.

Also available in an option for air mattresses, designed to grip directly to the mattress surface.

See scripting and ordering guide for more information.

	Small	Small (Air)	Medium	Medium (Air)	Large	Large (Air)
<b>Code</b>	7150-7201-000	7150-7211-000	7150-7202-000	7150-7212-000	7150-7203-000	7150-7213-000
<b>A</b>	180mm	180mm	220mm	220mm	280mm	280mm
<b>B</b>	120mm	120mm	140mm	140mm	220mm	220mm
<b>C</b>	180mm	180mm	220mm	220mm	280mm	280mm



# Simple Stabiliser

- Simple, yet effective, the Simple Stabiliser is a multi-adjustable leg support, designed to support the pelvis and the hips.
- The soft base allows the legs to gently relax within it and provides a gentle, passive stretch overnight.
- The soft support at the side also prevents external rotation of the hips and keeps the legs in a neutral and secure position.

Supportive leg positioning accessory which provides therapeutic positioning to the lower limbs.

The Simple Stabiliser aligns the legs therapeutically, correcting habitual, unsupported positions in supine lying. It is primarily intended for therapeutic positioning in the lying posture and is commonly used by individuals with movement difficulties. When used consistently, it can help in protecting and restoring an individual's body shape. Examples of postures that can be avoided with the assistance of the Simple Stabiliser include:

- Windsweeping to the right or left
- Internally rotating both hips
- Externally rotating both hips



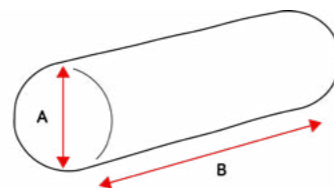
## FUNCTIONAL BENEFITS

- **Therapeutic Leg Alignment:** The Simple Stabiliser promotes therapeutic leg alignment, correcting habitual or unsupported positions in supine. It helps prevent conditions like 'windsweeping' and hip internal/external rotation.
- **Pelvic Stability:** Worn above the knees, the Simple Stabiliser stabilises the pelvis and hips, maintaining a neutral, supine position for extended periods.
- **Post-Surgery Support:** This device aids in post-surgery immobilisation to prevent contractures by maintaining therapeutic leg alignment.
- **Moisture Management:** Featuring a cotton terry towelling cover and specialised moisture-wicking fibre filling, the Simple Stabiliser wicks moisture away from the body, promoting skin health and aiding in temperature regulation.

	Size 1	Size 2	Size 3	Size 4
With Breathable Inner & Terry Cotton Outer	7150-7341-000	7150-7342-000	7150-7343-000	7150-7344-000
With Wipeable Inner	7150-7345-000	7150-7346-000	7150-7347-000	7150-7348-000
Height	110mm	190mm	250mm	280mm
Depth	110mm	350mm	400mm	400mm
Width	420mm	460mm	650mm	650mm
Approx. Leg Circumference	250mm	350mm	550mm	600mm
Suggested Age Range	2 - 4yrs	2 - 10yrs	5 - 13yrs	13 - Adult
Spare Terry Cotton Cover	7150-7221-000	7150-7222-000	7150-7223-000	7150-7224-000
Spare Wipeable Inner Cover	7150-7225-000	7150-7226-000	7150-7227-000	7150-7228-000

# Simple Stuff Works Roll Pillow

- Made from a soft fibre and covered in a comfortable, yet durable polyester-mix material.
- Can be used for a variety of different functions and is normally used to support the user's legs.
- Can be used between the two layers of stabilising mesh, or on top of the sheets.
- Removable filling to allow adjustment of cushion volume, tailoring the support to the users needs.

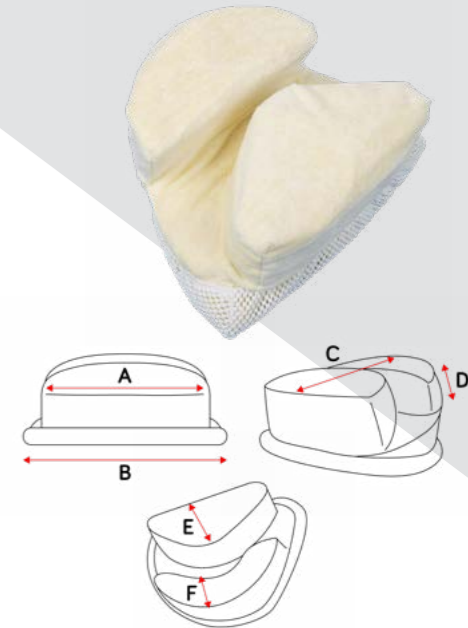


	Small	Large
With Breathable Inner & Terry Cotton Outer	7150-7851-000	7150-7852-000
With Wipeable Incontinence Inner & Terry Cotton Outer	7150-7855-000	7150-7856-000
Spare Terry Cotton Cover	7150-7857-000	7150-7858-000
Width (A)	150mm	180mm
Length (B)	400mm	500mm

# Simple Stuff Works Side Lying Leg Support

- Designed to protect the hips and pelvis when a person is lying on their side.
- The leg channel creates a perfect place for the top leg to lie and the bottom leg wraps gently around the outside.
- When combined with lots of support along the individual's back, a supportive side-lying position can be achieved.
- Perfect for individuals who need to lie on their side for safety reasons.

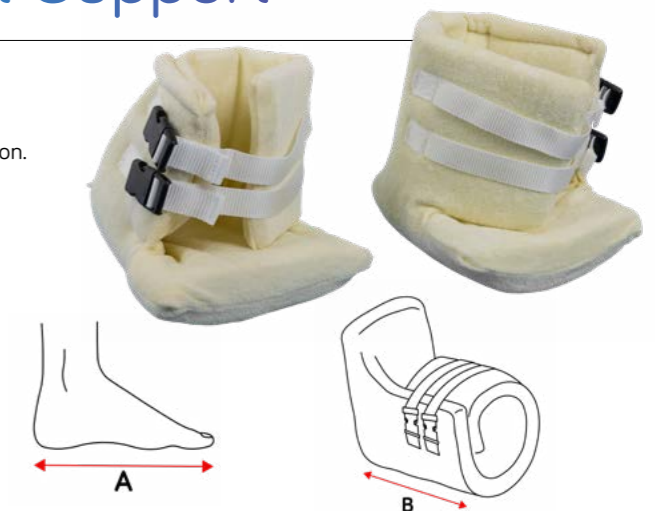
	Size 1	Size 2	Size 3
Standard	7150-7971-000	7150-7972-000	7150-7973-000
Wipeable Inner/Terry Outer	7150-7981-000	7150-7982-000	7150-7983-000
A	270mm	400mm	400mm
B	380mm	560mm	610mm
C	280mm	340mm	400mm
D	80mm	100mm	110mm
E	130mm	200mm	150mm
F	80mm	90mm	70mm



# Simple Stuff Works Foot Support

- Designed to hold the ankles in a neutral position for long periods of time.
- Made from the same fibre as the Temperate Toppers, they help to keep the feet cool and dry, whilst protecting them from falling into plantar flexion.
- Terry towelling outer makes for a comfortable and soft feel on the feet.
- Easy clip system makes it easy to put on and take off.

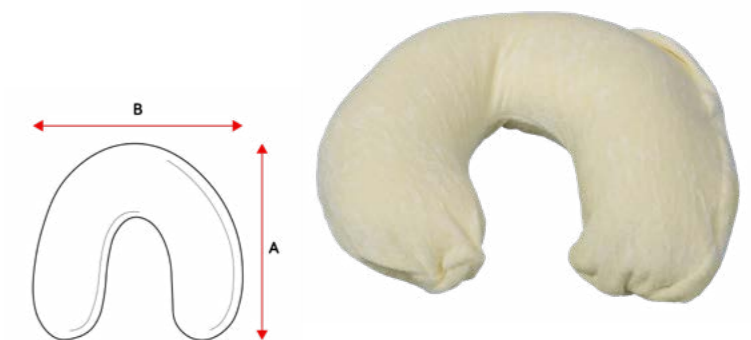
	Size 1	Size 2	Size 3
Code	7150-5351-000	7150-5352-000	7150-5353-000
A	210mm (max)	250mm (max)	300mm (max)
B	200mm	220mm	300mm



# Simple Stuff Works Neck Support Pillow

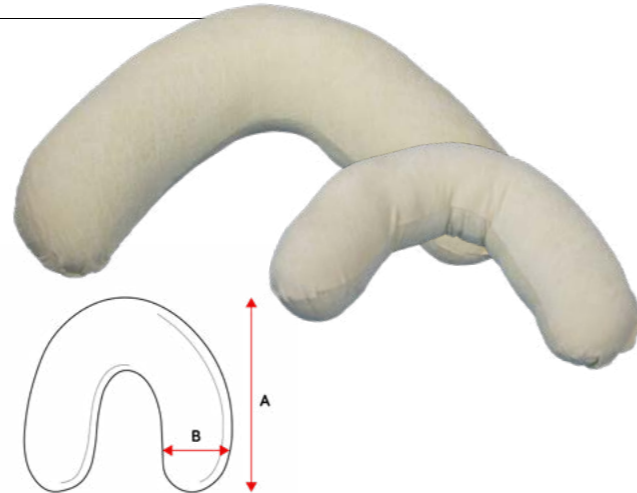
- Great option for supporting an individual's neck.
- Made from a soft fibre and covered in a comfortable, yet durable polyester-mix material.
- Removable filling to allow adjustment of cushion volume, tailoring the support to the user's needs.

Code	7150-4050-000
A	350mm
B	300mm



## Simple Stuff Works Horseshoe Pillow

- Made from a soft fibre and covered in a comfortable, yet durable polyester-mix material.
- Generally used to support the user's legs, but can be used for a variety of different functions.
- Can be used between the two layers of stabilising mesh, or on top of the sheets.
- Removable filling to allow adjustment of cushion volume, tailoring the support to the user's needs.



	Small	Large
Breathable Inner/Terry Outer	7150-7711-000	7150-7712-000
Wipeable Inner/Terry Outer	7150-7721-000	7150-7722-000
A	460mm	500mm
B	190mm	200mm

## Simple Stuff Works Terry Towelling Pillow

- Universal supportive positioning pillow to provide the extra support where required.
- Can be used between the two layers of stabilising mesh, or on top of the sheets.
- Covered by a soft and comfortable, yet durable terry towelling cover.
- Removable filling to allow adjustment of cushion volume, tailoring the support to the user's needs.



	Small	Large
Code	7150-7501-000	7150-7502-000
Length	480mm	680mm
Width	350mm	450mm





# Positioning Overviews



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports (underneath sheet), Terry Towelling Pillow (small), Roll Pillow (large), Neck Pillow and Foot Support



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports (underneath sheet) Terry Towelling Pillow (small), Simple Stabiliser and Foot Support



SSW Double Mesh layers, Temperate Topper, Fitted Sheet Padded Lateral Supports and Roll Pillow (underneath sheet) and a Horseshoe Pillow (large) and Simple Stabiliser



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports and Wedges (underneath sheet), Side Lying Leg Support, Terry Towelling Pillow (small) and a Roll Pillow (small) - Side Lying



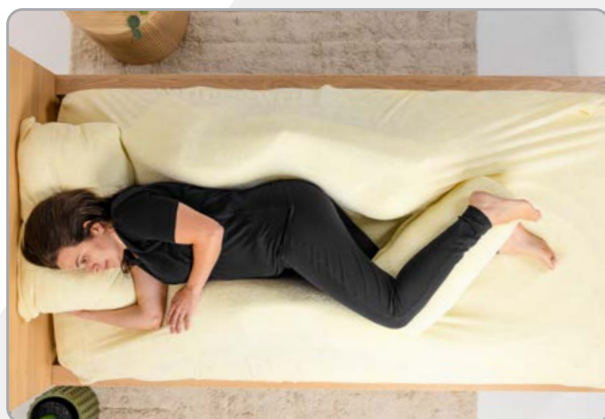
SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports (underneath sheet), two Terry Towelling pillows (large and small), and a Roll Pillow (large)



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports (underneath sheet), Terry Towelling Pillow (small), Horseshoe Pillow (large), Pillow, Neck Pillow and a Roll Pillow (large)



*Example of accommodation of windswept hips with SSW range:* SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Wedges and Padded Lateral Supports (underneath sheet), Roll Pillow (large), Ring Pillow (over the Ring) and Foot Support



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports and Wedges (underneath sheet), Terry Towelling Pillow (small) and a Roll Pillow (large) - Side-lying



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Wedge and Padded Lateral Supports (underneath sheet) Terry Towelling pillow (small) and Roll Pillow (large) - Semi side-lying

## Dreama

Combined pressure-reducing mattress and postural support system, suitable for children and adults. Dreama supports children and adults to achieve supported positioning for lying, helping to reduce muscle tone and contribute to better quality of sleep. Dreama can be used to help reduce the risk of body shape changes and deformity for those who are at risk due to their condition or diagnosis.

### Materials

- The cell components that make up the mattress base are made from a pressure-reducing foam, covered in a fire-retardant, water-resistant, 2-way stretch antibacterial fabric. Each cell comes with a comfortable and breathable outer cover as standard, which can be removed easily for washing.
- The majority of the supports available are made from a supportive and comfortable polyurethane foam material. In most cases, these supports are combined with a memory foam pad to provide extra comfort and pressure distribution, in addition to a soft and stretchy towelling outer cover which can be removed and washed.

### Cover Options

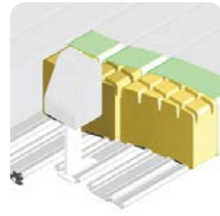
- All outer covers of the Dreama range are made from a soft and comfortable terry towelling material that assists with breathability and temperature regulation.
- There are no cover options for the Dreama range, however the majority of the supports are waterproof and wipe-clean underneath the outer cover.

## Dreama Positioning

- Combined pressure reducing mattress and postural support system, suitable for children and adults.
- Provides supported positioning for at-risk children and adults when lying, helping to reduce muscle tone and contribute to a better quality of sleep.
- Dreama can be used to help reduce the risk of body shape changes and deformity for those who are at risk due to their condition or diagnosis.
- Designed to be very easy to keep clean and hygienic.
- Glide-lock technology means configurations can be changed with minimum disruption to the user. This key feature helps to correctly position posture overnight, whilst providing a secure and stable position for the supports - great for clients who display lots of accessory or uncontrolled movement.



- Contour the flexible aluminium base for a custom lying surface. Suits profiling beds, rolls, wedges.



- Quiet with no noise or disturbance when adjusting positions due to Glide-lock supports.

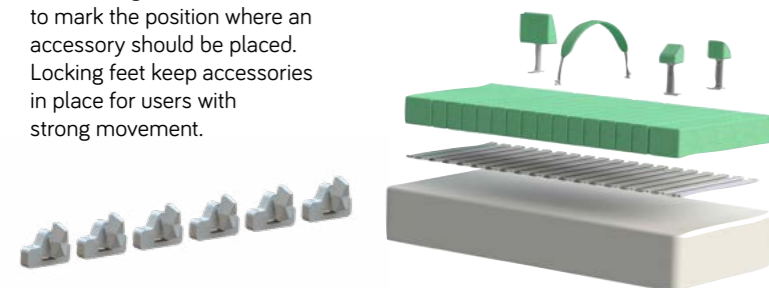


- Quick, simple assembly, and exceptional flexibility with numerous accessories.



## Dreama Base & Mattress

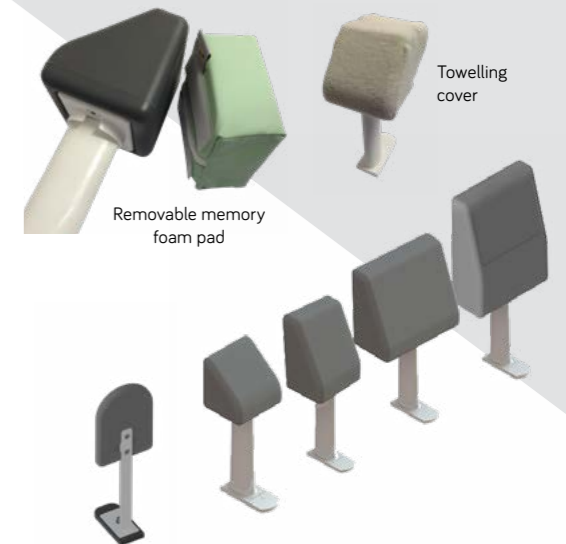
- Includes flexible aluminium base, full set of mattress cells, full set of neutral covers and pair of anchor straps.
- Pressure-reducing 15cm deep modular mattress removes the need for overlays.
- Individual covers for each cell means that if soiled, only the covers that need washing can be removed and replaced, saving time and energy.
- Spaces between mattress cushions allow airflow, helping to maintain a comfortable temperature.
- Covers are upholstered in a fire-retardant, water resistant, 2-way stretch, antibacterial fabric for infection control.
- Add locking feet (#7120-6100-000) to mark the position where an accessory should be placed. Locking feet keep accessories in place for users with strong movement.



	Cot	Single bed
<b>Code</b>	7120-0010-000	7120-0020-000
<b>Age range</b>	4mths-5yrs	9mths-adult
<b>Overall size</b>	560 x 1200mm	900 x 1900mm
<b>Overall height</b>	170mm	170mm
<b>Single mattress cushion</b>	560 x 95 x 150mm	900 x 95 x 150mm
<b>Double mattress cushion</b>	560 x 95 x 150mm	900 x 95 x 150mm
<b>Number of mattress units</b>	8 single, 2 double	15 single, 2 double
<b>Max user weight</b>	80kg	110kg

## Dreama Positioning Pads

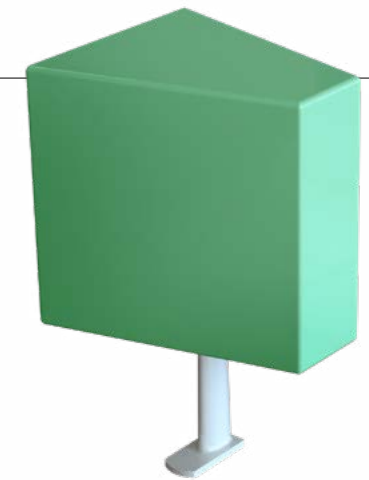
- Made from comfortable and hygienic PU. Positioning Pad Combos include angle-adjustable positioning pads, memory foam pads, and towelling cover.
- Use to position the trunk, arms or legs.
- Slimline Support option is an alternative slimmer support than the standard positioning pads.
- Removable memory foam pad (shown in green) for extra comfort and pressure relief. Ideal for support of areas with bony prominences.
- Additional covers available for all positioning pads in white towelling.



	Pad Combo	Spare Cover	L	W	H
<b>Slimline</b>	7120-3250-500	7120-3280-000	-	108mm	159mm
<b>Small</b>	7120-3251-500	7120-3281-000	102mm	83mm	95mm
<b>Medium</b>	7120-3252-500	7120-3282-000	102mm	83mm	140mm
<b>Large</b>	7120-3253-500	7120-3283-000	203mm	89mm	165mm
<b>X large</b>	7120-3254-500	7120-3284-000	203mm	89mm	267mm

## Dreama Abduction Block

- Can be used individually or in pairs to ensure the hips are abducted and the body is straight.
- Ideal for users with increased abductor tone or where positioning into hip abduction is required.



	Small	Medium	Large
<b>Code</b>	7120-1601-000	7120-1602-000	7120-1603-000
<b>Width</b>	130mm	130mm	240mm
<b>Depth</b>	200mm	200mm	300mm
<b>Height</b>	200mm	250mm	300mm
<b>Cover Code</b>	7120-1661-000	7120-1662-000	7120-1663-000

## Dreama Knee Blocks

- Comfortably holds the knees in a specified position.



	Small	Large
<b>Code</b>	7120-1751-000	7120-1753-000
<b>Width</b>	77mm	108mm
<b>Depth</b>	102mm	102mm
<b>Height</b>	51mm	102mm
<b>Cover Code</b>	7120-1781-000	7120-1783-000

## Dreama Side Lying System

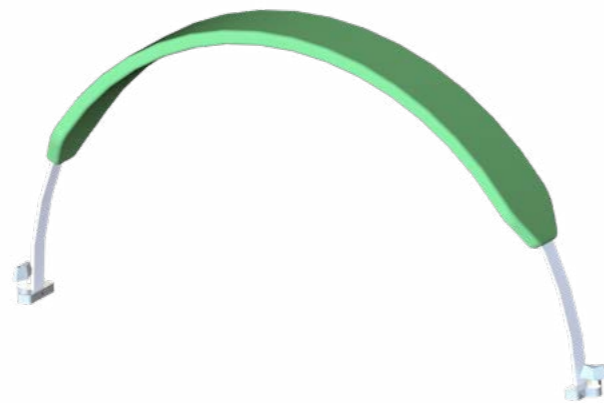
- Complete system includes a combination of positioning pads, supportive strap and foam support pad. The straps attach to standard Dreama positioning pads.
- Side Lying Support Strap can be used to secure the upper leg when side-lying. Includes fittings to fit to two standard positioning pads.
- Side Lying Foam Pad is available in different thicknesses to encourage neutral hip positioning of the top hip in side-lying.



	Size 1	Size 2	Size 3
Lying Pad	7120-1851-000	7120-1852-000	7120-1853-000
Pad Cover	7120-1861-000	7120-1862-000	7120-1863-000
Pad Width	345mm	445mm	540mm
Pad Depth	120mm	140mm	159mm
Pad Height	35mm	51mm	76mm
Strap Code	7120-1872-000		
Strap Cover	7120-1882-000		
Strap Dims	140mm wide x 388mm long x 57mm high		

## Dreama Positioning Hoop

- A practical solution that helps keep bed covers clear of the body, particularly beneficial for those using medical devices or individuals with sensitive areas.
- Allows movement within a limited range for a comfortable night's sleep.

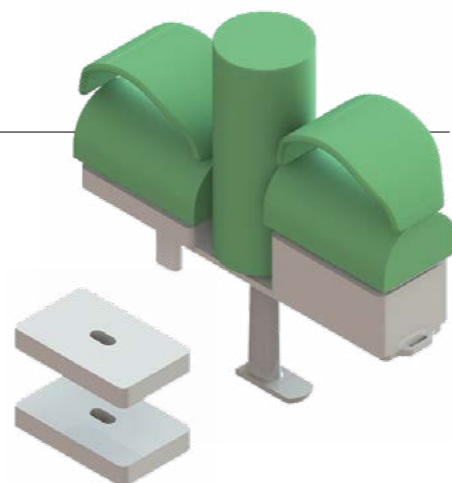


	Small	Medium	Large
Code	7120-1951-000	7120-1952-000	7120-1953-000
Cover	7120-1961-000	7120-1962-000	7120-1963-000
Width	70mm	70mm	70mm
Length	432mm	560mm	700mm
Height	15mm	15mm	15mm

## Dreama T-Roll

- The versatile and adjustable Dreama T-Roll was designed to cater to various needs. It provides support for the knees, alleviates abdominal and lumbar pressure, and prevents scissoring and wind-sweeping.
- Each leg can be adjusted independently to accommodate different ranges of motion.
- Removable Medial Knee Support enhances ease of transfer and care management.

Code	7120-1771-000
Width	527mm
Length	108mm
Height	121mm
Cover Code	7120-1761-000



Dreama

# Snooooooze

This flexible sleep system is designed for children and adults. It is lightweight, extremely portable and highly adjustable to cater for changing positioning needs and growth.

## Materials

- The receptor sheet for Snooooooze is made from a soft and comfortable brushed nylon.
- Temperature control fitted sheets are also available which feature a soft terry towelling contact surface, paired with a cooling Outlast underlay for active cooling.
- The supports are filled with a chipped visco-elastic memory foam which provides support and immersion.
- The majority of supports are supplied as standard with two layers of cover; an inner cover made of a fire resistant material, and a standard outer cover made from wipe-down, PU-coated fabric which can be removed and washed.

- The inner covers acts to contain the filling when the outer cover is being washed. This inner cover also features a zip opening, which allows foam to be removed or added, in order to adjust the support volume depending on the user's needs.

## Cover Options

- The majority of supports are available with an optional outer cover which can also be removed and washed. This cover is made from a two-layer fabric consisting of a soft and breathable cotton contact surface, with an underlay made from Outlast material which actively cools and assists with lowering temperature.



### Support in 3 lying positions

The Snooooooze system supports the user in supine (on their back), side and semi side-lying positions. This key feature enables us to accommodate and correctly position posture overnight, whilst maintaining a high level of comfort.

#### Supine lying

To ensure correct positioning both during the day and night, we stabilise the pelvis. The pelvis is the foundation of good posture and is therefore, the first area we evaluate when conducting an assessment. Using a component like the W Leg Trough, we aim to draw the legs into mid-line.

#### Side-lying

The Body Roll has heralded a new stage in side-lying, and can help achieve an excellent trunk and leg position for both left and right side-lying. It is most effective when the trunk has

shortening sides and the legs are windswept. Alignment of the legs is achieved when a pillow is placed between the user's legs. The final key to achieving good posture is to support and position the head.

#### Sleep for everyone

When the user struggles to sleep, it has a direct impact on the sleep patterns of every family member. Caregivers can be left exhausted, unable to think clearly and struggling to cope with their daily activities. By ensuring that the user has a good night's sleep, it also means that their family will enjoy the many benefits of sleep too.

## Receptor Sheet

- For secure positioning, this soft loop mattress sheet ensures that laterals and brackets stay in place, provided they have Velcro on their base. It is highly effective with both Curved Wedges and Tri-Fold Laterals.
- Sizes to suit a variety of mattresses.
- Machine washable.



	Cot	Single	King Single	Double
<b>Code</b>	7004-0021-000	7004-0022-000	7004-0023-000	7004-0024-000
<b>Length</b>	1300mm	1880mm	2030mm	1880mm
<b>Width</b>	690mm	920mm	1070mm	1380mm

## Fitted Temperature Regulation Sheets

- Fitted sheet providing a comfortable and cool layer for sleep.
- Available in a range of mattress sizes.



	Cot	Single	King Single	Double
<b>Code</b>	7004-0031-000	7004-0032-000	7004-0033-000	7004-0034-000
<b>Length</b>	1450mm	2000mm	2100mm	2200mm
<b>Width</b>	800mm	1000mm	1080mm	1500mm

## Tri-Fold Positioning Brackets

- Can be used alone to directly support the body, or with other components from the Snooooooze range, such as the Body Roll.
- Has an internal bracket to ensure shape and support is maintained.
- Removable and washable cover.



	Paediatric	Small	Large
<b>Code</b>	7004-0111-000	7004-0112-000	7004-0114-000
<b>Base Length</b>	100mm	150mm	200mm
<b>Height</b>	85mm	130mm	200mm
<b>Width</b>	85mm	130mm	200mm

## Curved Wedge

- These curved wedges can be used to directly support the body, or to support other components in the sleep system.
- Crafted to conform to the body's contours, they aid in proper body positioning.
- Velcro attachment secures the wedges to the receptor sheet.



	Paediatric	Small	Large
<b>Code</b>	7004-0131-000	7004-0132-000	7004-0134-000
<b>Length at Base</b>	120mm	125mm	250mm
<b>Height</b>	100mm	125mm	150mm
<b>Width at Base</b>	100mm	125mm	150mm

## Banana Cushion

- A multi-functional and versatile piece of sleep equipment. For example, it can be used as a short body roll, under a W Leg Trough, or under the neck.
- Removable and washable cover.
- A thermal regulation cover is available for this product.



	Paediatric	Large
<b>Code</b>	7004-0301-000	7004-0304-000
<b>Diameter</b>	100mm	180mm
<b>Length</b>	450mm	850mm
<b>Width</b>	120mm	200mm
<b>Cover Code</b>	7004-0301-000-C	7004-0304-000-C

## Horseshoe

- Versatile support which can be used for multiple applications in supine and side-lying.
- A thermal regulation cover is available for this product.
- Removable and washable cover.

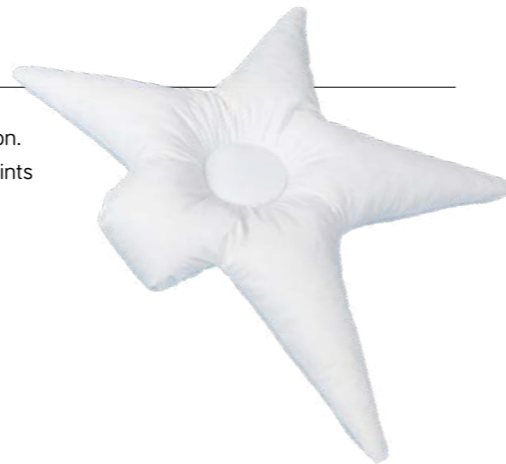
<b>Code</b>	7004-0313-000
<b>Length</b>	1000mm
<b>Diameter</b>	210mm
<b>Cover Code</b>	7004-0313-000-C



## Star Head Support

- Adjustable head support with profiling points for added stability or alignment correction.
- For people with low to medium tone, the Star Head Support is ideal, as each of the points can be folded to create a shape which can be used to position the head as needed.
- Can be supplemented with wedges.
- Removable and washable covers.
- A thermal regulation cover is available for this product.

	Paediatric	Large
<b>Code</b>	7004-0801-000	7004-0804-000
<b>Length Star Tip to Tip</b>	560mm	690mm
<b>Diameter Inner Circle</b>	80mm	100mm
<b>Cover Code</b>	7004-0801-000-C	7004-0804-000-C



## Roll

- The Long Roll cushion can be used as a head, knee or back support.
- The Long Roll is a multi-functional cushion that can be used as a short body roll, under a W leg trough, under a neck or support other areas around the body.
- Removable and washable cover.
- A thermal regulation cover is available for this product.

<b>Code</b>	7004-0322-000
<b>Diameter</b>	140mm
<b>Length</b>	600mm
<b>Cover Code</b>	7004-0322-000-C



## Body Roll

- Long positioning piece offering full length support for users.
- Beneficial for side and semi side-lying positions, offering support either in front of or behind the user.
- Can also provide support between the legs for protection of the user's top hip joint.
- A thermal regulation cover is available for this product.

	Paediatric	Large
<b>Code</b>	7004-0331-000	7004-0334-000
<b>Length</b>	1300mm	2000mm
<b>Diameter</b>	90mm	150mm
<b>Cover Code</b>	7004-0331-000-C	7004-0334-000-C



## T-Roll

- T-Roll leg support and memory foam cushion supports the user's legs in abduction and inhibits adduction.
- For users who find the W Leg Trough unsuitable due to contracture at the knee, T-Rolls are an ideal solution for a presentation of legs that come to mid-line.
- Can be used with other components of the sleep system range.
- Washable and removable cover.
- A thermal regulation cover is available for this product.

	Paediatric	Small	Large
<b>Code</b>	7004-0201-000	7004-0202-000	7004-0204-000
<b>Diameter of Main Roll</b>	150mm	200mm	250mm
<b>Diameter of Centre Roll</b>	150mm	200mm	250mm
<b>Width Either Side of Roll</b>	225mm	250mm	250mm
<b>Height of Centre Section</b>	150mm	200mm	250mm
<b>Cover Code</b>	7004-0201-000-C	7004-0202-000-C	7004-0204-000-C



## Curved T-Roll with Wrap

- Same great benefits of the standard T-roll, but with a curved design for improved contouring around the underside of the legs.
- Supplied standard with wrap.
- Washable and removable cover.
- A thermal regulation cover is available for this product.

<b>Code</b>	7004-0230-000
<b>Diameter of Main Roll</b>	250mm
<b>Diameter of Centre Roll</b>	250mm
<b>Width Either Side of Roll</b>	250mm
<b>Cover Code</b>	7004-0230-000-C



## T-Roll with Stabiliser

- Same great benefits of the standard T-roll, but with an added section to improve stability.
- Washable and removable cover.
- A thermal regulation cover is available for this product.

	Paediatric	Large
<b>Code</b>	7004-0211-010	7004-0214-010
<b>Diameter of Main Roll</b>	150mm	250mm
<b>Diameter of Centre Roll</b>	150mm	250mm
<b>Width Either Side of Roll</b>	225mm	250mm
<b>Cover Code</b>	7004-0211-000-C	7004-0214-000-C



## Twin Side Rolls

- The Twin Side Rolls and flap are a positioning element to centralise posture, often used by clients who have a feeding tube and require elevation during feeding.
- Can be used with other components of the sleep system range.
- Washable and removable cover.



Code	7004-0820-000
Length of Roll(s)	900mm
Diameter of Roll(s)	150mm
Width at Top Between Rolls	460mm
Width at Bottom Between Rolls	360mm

## Wedge

- Versatile support wedge for either the head or trunk.
- Where the neck tone is too great for the Star, a Wedge can be used up against the head, usually with the clients own pillow padding. Opposite positioning wedges may be needed on the trunk.
- Can also be used as a support against another component of the sleep system range.
- Removable and washable cover.



	Paediatric	Small	Large
Code	7004-0121-000	7004-0122-000	7004-0124-000
Base Length	100mm	200mm	405mm
Height	80mm	150mm	150mm
Width	80mm	150mm	150mm

## W Leg Trough With Wrap

- W Leg Trough support cushion positions the legs, preventing rotation and reducing the risk of hip dislocation.
- Leg alignment is achieved with the whole leg supported and positioned correctly. The wrap (can be used with or without the wrap) prevents the client from crossing their legs and holds the position securely.
- **W Leg Trough With Wrap - 3 Cells** - The same great benefits of the W Leg Trough however this version has the added flexibility to adjust the filling within each area of the cushion independently, tailoring the support for the user. It provides opportunity to adjust for positions such as abduction, adduction, rotation and windsweeping.
- Removable and washable covers.
- A thermal regulation cover is available for this product.



	Paediatric	Small	Medium	Large	Tall
Code	7004-0401-000	7004-0402-000	7004-0403-000	7004-0404-000	7004-0405-000
3 Cell Code	7004-0411-000	7004-0412-000	7004-0413-000	7004-0414-000	7004-0415-000
Length	375mm	450mm	550mm	560mm	560mm
Width	410mm	490mm	580mm	800mm	1000mm
Height	100mm	180mm	240mm	240mm	240mm
Depth of W	80mm	150mm	200mm	200mm	200mm
Width within W	75mm	90mm	125mm	125mm	125mm
Width at top of W	75mm	90mm	100mm	100mm	100mm
Cover	7004-0401-000-C	7004-0402-000-C	7004-0403-000-C	7004-0404-000-C	7004-0405-000-C

## Positioning Overviews



Snooooooze Star (standard), Twin Side Roll, two Curved Wedges (large), W Leg Trough (medium) and a Banana Cushion (standard)



Snooooooze Star (standard), two Tri-fold Positioning Brackets (large), two Curved Wedges (small), T-Roll (large), Banana Cushion



Snooooooze Star (standard), two Tri-Fold Positioning Brackets (large), two Curved Wedges (small), Curved T-Roll (large), Banana Cushion (standard)



Snooooooze Star (standard), Curved wedges two larges and one small, Twin Roll, Banana Cushion (standard)



Example of accommodation of windswept hips with Snooooooze range: Snooooooze Star (standard), two Tri-Fold Positioning Brackets (large), two Curved Wedges (small), Curved T-Roll (large), Curved Wedge (large), Banana Cushion (standard)



## SleepShape

A 24-hour postural management programme is essential to ensuring a user's posture is maintained at its optimum level. Because everyone is different and has different needs for positioning, Medifab's 'SleepShape' range includes everything from basic pillows to highly customised sleeping systems. A variety of components can even be customised to better fit the user's body shape and needs.

### Materials

- SleepShape cushions are filled with chipped visco-elastic memory foam, providing both support and immersion. This filling is ideal for supporting asymmetric postures, offering comfort, and creating supportive channels for positioning. The system allows access to the inner filling, enabling foam to be added or removed to adjust support volume based on the user's needs.

### Cover Options

- The supports come standard with two cover layers: an inner wipe-down cover and a removable terry towelling cotton outer.

## SleepShape Hip & Thigh Alignment Pillow

- Inner pillow upholstered in soft polyurethane with chipped foam filling. Cotton outer cover.
- Incorporates abductor pommel and adductor troughing and trochanter support.
- For infants who suffer from contractures, tight adductors or have hips in abduction when lying in supine.

<b>Code</b>	7060-1851-270
<b>Width</b>	370mm
<b>Length</b>	280mm
<b>Height</b>	Adjustable, depending on filling



## SleepShape W Leg Cushion

- Available in two different height options to suit various leg support needs and comes standard with leg straps.
- Multiple cushions can be used to support the legs in position.
- Offers non-slip abduction of the legs in both supine and semi side-lying.
- Chipped foam filling, with zip access which allows filling to be removed or added to suit client needs.

	Small	Large
<b>Code</b>	7060-1811-000	7060-1813-000
<b>Width</b>	650mm	850mm
<b>Depth</b>	150mm	180mm
<b>Height</b>	300mm	400mm
<b>Cover Code</b>	7060-1811-270	7060-1813-270



## SleepShape Cooling Sheet

- Unique temperature-reducing properties.
- Material helps to keep 'cool people warm' and 'warm people cool'. Allows heat from the body to escape, and if the body is getting cold, it traps the warmth of the body.
- Mattress Topper comes with straps to fit to mattress.
- Flat Sheet comes without straps, for use as top sheet.

	Mattress Topper	Flat Sheet
<b>Code</b>	7030-7881-S00	7030-7890-LST
<b>Width</b>	910mm	2050mm
<b>Length</b>	1900mm	2600mm



• Mattress Topper

• Flat Sheet

### Made, using Outlast®

Outlast technology, originally developed for NASA, utilizes phase change materials (PCM) that absorb, store and release heat for optimal thermal comfort. Outlast technology is comparable to ice in a drink; as it changes from solid to liquid, it absorbs heat and cools the drink,

keeping that drink at the desired temperature for longer. Outlast phase change materials work in the same way but are microencapsulated to be permanently enclosed and protected in a polymer shell. We call microencapsulated phase change materials Thermocules™.



# Clinical Resources

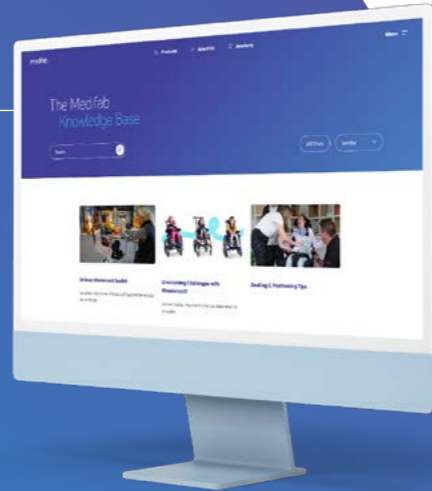
Useful guides to assist with strategising and problem-solving relating to lying positioning.



[medifab.com/academy](http://medifab.com/academy)

Resources to share knowledge, assist with assessment and help find the best solution to support your clients in lying!

Explore our extensive online resources at [medifab.com/knowledge-base](http://medifab.com/knowledge-base)



# Medifab Sleep Diary

For \_\_\_\_\_ Carer \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
<b>Tone</b>	Is the person: <input type="checkbox"/> Stiff <input type="checkbox"/> Floppy <input type="checkbox"/> Flexible	Is the person: <input type="checkbox"/> Stiff <input type="checkbox"/> Floppy <input type="checkbox"/> Flexible	Is the person: <input type="checkbox"/> Stiff <input type="checkbox"/> Floppy <input type="checkbox"/> Flexible	Is the person: <input type="checkbox"/> Stiff <input type="checkbox"/> Floppy <input type="checkbox"/> Flexible	Is the person: <input type="checkbox"/> Stiff <input type="checkbox"/> Floppy <input type="checkbox"/> Flexible	Is the person: <input type="checkbox"/> Stiff <input type="checkbox"/> Floppy <input type="checkbox"/> Flexible	Is the person: <input type="checkbox"/> Stiff <input type="checkbox"/> Floppy <input type="checkbox"/> Flexible	Is the person: <input type="checkbox"/> Stiff <input type="checkbox"/> Floppy <input type="checkbox"/> Flexible
<b>Pain</b>	Is he/she in any pain? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Is he/she in any pain? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Is he/she in any pain? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Is he/she in any pain? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Is he/she in any pain? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Is he/she in any pain? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Is he/she in any pain? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Is he/she in any pain? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....
<b>Pressure</b>	Are there any signs of pressure or redness? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Are there any signs of pressure or redness? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Are there any signs of pressure or redness? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Are there any signs of pressure or redness? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Are there any signs of pressure or redness? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Are there any signs of pressure or redness? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Are there any signs of pressure or redness? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....	Are there any signs of pressure or redness? <input type="checkbox"/> Yes <input type="checkbox"/> No Where? ..... How long for? .....
<b>Morning behaviour &amp; emotion</b>	They are: <input type="checkbox"/> Happy <input type="checkbox"/> Sleepy <input type="checkbox"/> Alert <input type="checkbox"/> Upset <input type="checkbox"/> Irritable	They are: <input type="checkbox"/> Happy <input type="checkbox"/> Sleepy <input type="checkbox"/> Alert <input type="checkbox"/> Upset <input type="checkbox"/> Irritable	They are: <input type="checkbox"/> Happy <input type="checkbox"/> Sleepy <input type="checkbox"/> Alert <input type="checkbox"/> Upset <input type="checkbox"/> Irritable	They are: <input type="checkbox"/> Happy <input type="checkbox"/> Sleepy <input type="checkbox"/> Alert <input type="checkbox"/> Upset <input type="checkbox"/> Irritable	They are: <input type="checkbox"/> Happy <input type="checkbox"/> Sleepy <input type="checkbox"/> Alert <input type="checkbox"/> Upset <input type="checkbox"/> Irritable	They are: <input type="checkbox"/> Happy <input type="checkbox"/> Sleepy <input type="checkbox"/> Alert <input type="checkbox"/> Upset <input type="checkbox"/> Irritable	They are: <input type="checkbox"/> Happy <input type="checkbox"/> Sleepy <input type="checkbox"/> Alert <input type="checkbox"/> Upset <input type="checkbox"/> Irritable	They are: <input type="checkbox"/> Happy <input type="checkbox"/> Sleepy <input type="checkbox"/> Alert <input type="checkbox"/> Upset <input type="checkbox"/> Irritable
<b>Equipment</b>	How easy is it to put the person into their wheelchair? 1 - 2 - 3 - 4 - 5 Easy Difficult	How easy is it to put the person into their wheelchair? 1 - 2 - 3 - 4 - 5 Easy Difficult	How easy is it to put the person into their wheelchair? 1 - 2 - 3 - 4 - 5 Easy Difficult	How easy is it to put the person into their wheelchair? 1 - 2 - 3 - 4 - 5 Easy Difficult	How easy is it to put the person into their wheelchair? 1 - 2 - 3 - 4 - 5 Easy Difficult	How easy is it to put the person into their wheelchair? 1 - 2 - 3 - 4 - 5 Easy Difficult	How easy is it to put the person into their wheelchair? 1 - 2 - 3 - 4 - 5 Easy Difficult	
<b>Activity level</b>	Is the person active during the day? <input type="checkbox"/> Yes <input type="checkbox"/> No How long for? .....	Is the person active during the day? <input type="checkbox"/> Yes <input type="checkbox"/> No How long for? .....	Is the person active during the day? <input type="checkbox"/> Yes <input type="checkbox"/> No How long for? .....	Is the person active during the day? <input type="checkbox"/> Yes <input type="checkbox"/> No How long for? .....	Is the person active during the day? <input type="checkbox"/> Yes <input type="checkbox"/> No How long for? .....	Is the person active during the day? <input type="checkbox"/> Yes <input type="checkbox"/> No How long for? .....	Is the person active during the day? <input type="checkbox"/> Yes <input type="checkbox"/> No How long for? .....	
	Is the person tired when they go to bed? <input type="checkbox"/> Yes <input type="checkbox"/> No What time did he/she go to bed? : am/pm	Is the person tired when they go to bed? <input type="checkbox"/> Yes <input type="checkbox"/> No What time did he/she go to bed? : am/pm	Is the person tired when they go to bed? <input type="checkbox"/> Yes <input type="checkbox"/> No What time did he/she go to bed? : am/pm	Is the person tired when they go to bed? <input type="checkbox"/> Yes <input type="checkbox"/> No What time did he/she go to bed? : am/pm	Is the person tired when they go to bed? <input type="checkbox"/> Yes <input type="checkbox"/> No What time did he/she go to bed? : am/pm	Is the person tired when they go to bed? <input type="checkbox"/> Yes <input type="checkbox"/> No What time did he/she go to bed? : am/pm	Is the person tired when they go to bed? <input type="checkbox"/> Yes <input type="checkbox"/> No What time did he/she go to bed? : am/pm	
<b>Thermal comfort</b>	Is the person: <input type="checkbox"/> Comfortable <input type="checkbox"/> Hot <input type="checkbox"/> Cold <input type="checkbox"/> Sweaty	Is the person: <input type="checkbox"/> Comfortable <input type="checkbox"/> Hot <input type="checkbox"/> Cold <input type="checkbox"/> Sweaty	Is the person: <input type="checkbox"/> Comfortable <input type="checkbox"/> Hot <input type="checkbox"/> Cold <input type="checkbox"/> Sweaty	Is the person: <input type="checkbox"/> Comfortable <input type="checkbox"/> Hot <input type="checkbox"/> Cold <input type="checkbox"/> Sweaty	Is the person: <input type="checkbox"/> Comfortable <input type="checkbox"/> Hot <input type="checkbox"/> Cold <input type="checkbox"/> Sweaty	Is the person: <input type="checkbox"/> Comfortable <input type="checkbox"/> Hot <input type="checkbox"/> Cold <input type="checkbox"/> Sweaty	Is the person: <input type="checkbox"/> Comfortable <input type="checkbox"/> Hot <input type="checkbox"/> Cold <input type="checkbox"/> Sweaty	
<b>Notes</b>								

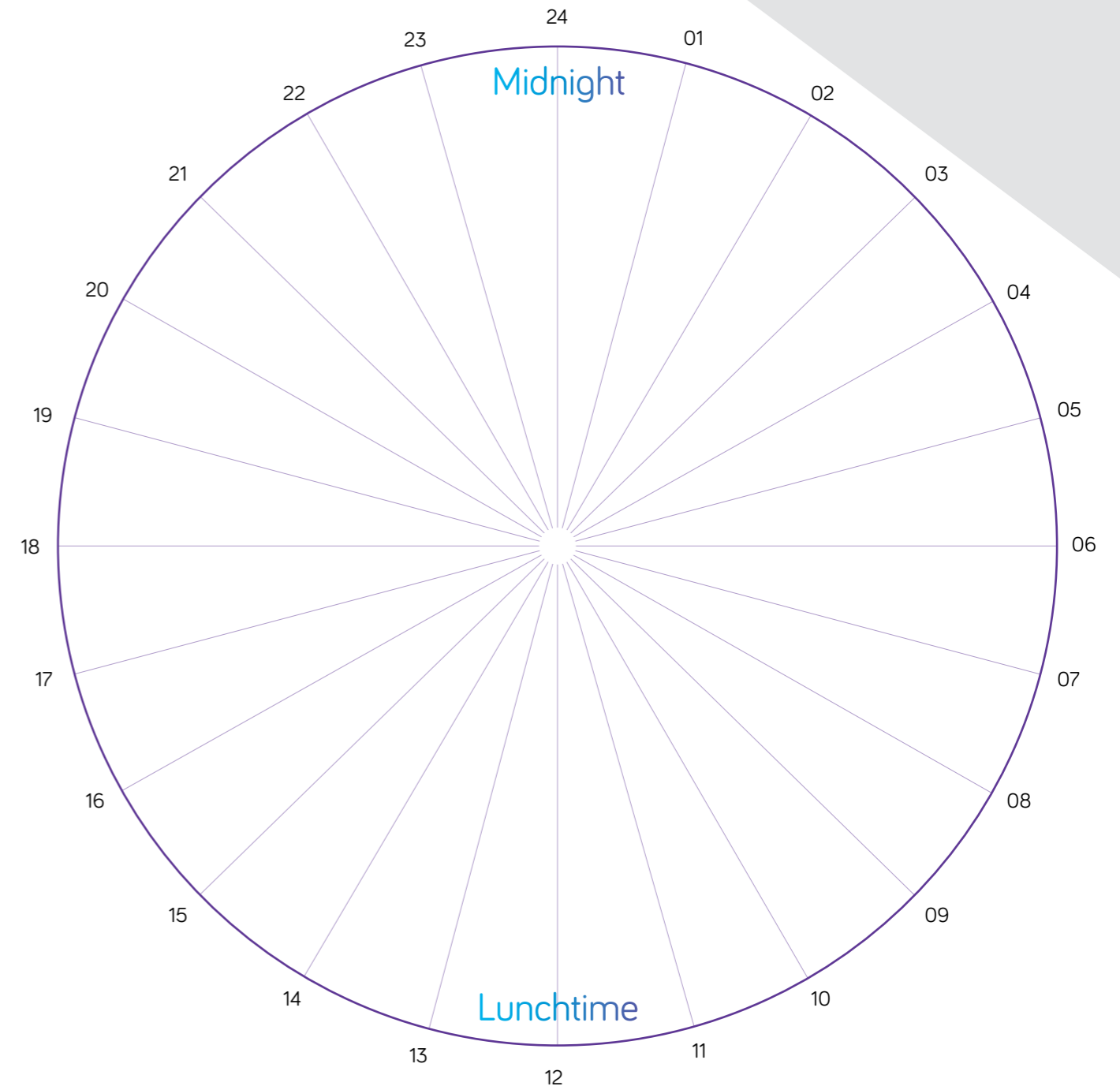
# Sleep Strategy & Planning with Families

Client Name \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Goals for night time positioning	1 month	6 months	12 months
If trialling a sleep system how will you determine that it has been successful in 2 weeks time?		What is the minimum time frame that client should stay in supported posture for them to benefit?	2 hours? 4 hours? All night?
Who will train carers?		Names of carers	
When will they be trained?			
Night time procedure	Step 1		
	Step 2		
	Step 3		
	Step 4		
Laundry/cleaning notes			
Sleep diary to be kept?	Yes / No	Photographic Instructions (Who will organise)	
Safety checklist	<input type="checkbox"/> Pain <input type="checkbox"/> Pressure Other identified hazards	<input type="checkbox"/> Breathing <input type="checkbox"/> Handling	<input type="checkbox"/> Reflux Other:
Family training notes			
'What if' scenarios	Scenario 1	Scenario 2	Scenario 3
	Date: _____ Time: _____	Date: _____ Time: _____	Date: _____ Time: _____
	Other notes		

# Posture Analysis Graph

24 hour clock for \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_



### Instructions

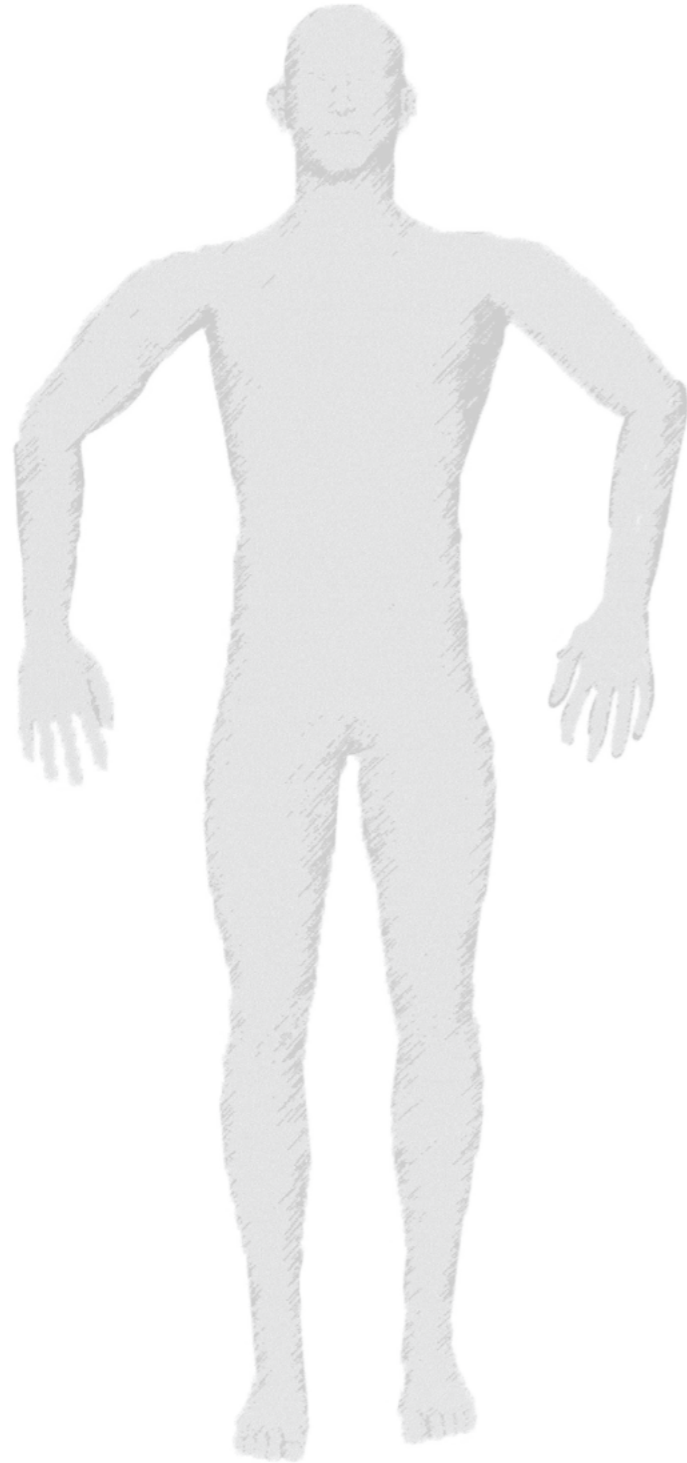
- Divide the clock up according to the different positions/equipment the client is in.
- Label each sector accordingly
- Colour code each position/equipment type as per the shading key
- Calculate the percentage of the clock (24 hrs) spent in each situation
- Copy this page or email [solutions@medifab.com](mailto:solutions@medifab.com) to request more copies if required.

### Shading Key

- Bed = \_\_\_\_%
- Wheelchair = \_\_\_\_%
- Standing frame = \_\_\_\_%
- Relaxed position = \_\_\_\_%
- Other: \_\_\_\_\_ = \_\_\_\_%
- Other: \_\_\_\_\_ = \_\_\_\_%

# Successful Lying and Positioning: Supine

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Label this figure with products which have been successfully used.

# Successful Lying and Positioning: Semi Side-lying

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Label this figure with products which have been successfully used.

# Successful Lying and Positioning: Side-lying



Label this figure with products which have been successfully used.

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