



SleepShape

SUPPORTIVE POSITIONING BY **spex**

SleepShape is a range of positioning cushions designed to support posture in lying. With a choice of microbead or microfibre filling, and either comfort or wipeable covers, the range can be tailored to different clinical needs, environments and sensory preferences. From smaller supports to larger, full-body shapes, SleepShape helps promote alignment, comfort and pressure management for people who are unable to change position independently.

Fill Options

- Choice of microbead or microfibre filling to suit clinical needs, for selected cushions.
- Microfibre option includes a zipped inner liner with adjustable fill for tailored immersion and support.

Cover Options

- Comfort fabric (white) – soft feel
- Wipeable cover (blue) – easy cleaning

Hygiene Option

- Selected cushions available in a hygiene version with welded seams and patented filter technology to support infection control requirements.

Sizes

- Most cushions available in two sizes: small/large or short/long to suit paediatric and adult users.

SleepShape Universal

- Versatile rectangular positioning cushion designed to provide adaptable postural support in lying across a wide range of clinical needs.
- Can be positioned between the knees, calves or heels to redistribute pressure, and/or under placed laterally against the pelvis or trunk to support alignment and comfort.
- Assists with pressure management over bony prominences and can support semi side-lying when positioned under the trunk or pelvis.

	Small	Large
Width	450mm	600mm
Depth	300mm	400mm
Wipeable Spare Cover	7100-0101-100-C	7100-0102-100-C
Comfort Spare Cover	7100-0101-200-C	7100-0102-200-C
Microbead Filling	Small	Large
Wipeable Cover	7107-0101-100	7107-0102-100
Comfort Cover	7107-0101-200	7107-0102-200
Hygiene Cushion	7107-0101-300	7107-0102-300
Microfibre Filling	Small	Large
Wipeable Cover	7109-0101-100	7109-0102-100
Comfort Cover	7109-0101-200	7109-0102-200



SleepShape Triangular

- Triangular cushion designed to provide supportive postural positioning in lying where increased support and stability are required.
- Suitable for placement under the knees to position hips and knees in flexion, supporting comfort needs and accommodating hip and knee flexion contractures.
- Assists with pressure redistribution away from high-risk areas (sacrum, ischial tuberosities and heels) and can support semi side-lying or side-lying positioning when placed under the trunk or pelvis.

	Small	Large
Width	400mm	550mm
Depth	230mm	300mm
Wipeable Spare Cover	7100-0301-100-C	7100-0302-100-C
Comfort Spare Cover	7100-0301-200-C	7100-0302-200-C
Microbead Filling	Small	Large
Wipeable Cover	7107-0301-100	7107-0302-100
Comfort Cover	7107-0301-200	7107-0302-200
Hygiene Cushion	7107-0301-300	7107-0302-300
Microfibre Filling	Small	Large
Wipeable Cover	7109-0301-100	7109-0302-100
Comfort Cover	7109-0301-200	7109-0302-200



SleepShape Cylinder

- Low-profile tubular positioning cushion designed to provide flexible postural support in lying, supporting pressure management and alignment.
- Can be positioned between the knees, calves or heels to distribute pressure over bony prominences, or placed laterally against the pelvis or trunk to support alignment.
- Especially effective under the calf and heel to offload pressure from the foot and ankle, and can assist with semi side-lying positioning when placed under the trunk or pelvis.

	Small	Large
Width	450mm	700mm
Circumference	140mm	170mm
Wipeable Spare Cover	7100-0201-100-C	7100-0202-100-C
Comfort Spare Cover	7100-0201-200-C	7100-0202-200-C
Microbead Filling	Small	Large
Wipeable Cover	7107-0201-100	7107-0202-100
Comfort Cover	7107-0201-200	7107-0202-200
Hygiene Cushion	7107-0201-300	7107-0202-300
Microfibre Filling	Small	Large
Wipeable Cover	7109-0201-100	7109-0202-100
Comfort Cover	7109-0201-200	7109-0202-200



SleepShape SemiFowler

- Contoured positioning cushion designed to provide targeted postural support in lying, suitable for both lower limb and upper body positioning.
- Placed under the knees, it supports comfort, accommodates hip and knee flexion contractures, provides slight hip abduction with its medial thigh support, and can also be used behind the shoulders, neck, or head for upper-body support.
- Assists with pressure distribution away from high-risk areas which include the sacrum, ischial tuberosities and heels.

	Small	Large
Width	500mm	700mm
Depth	350mm	500mm
Wipeable Spare Cover	7100-0401-100-C	7100-0402-100-C
Comfort Spare Cover	7100-0401-200-C	7100-0402-200-C
Microbead Filling	Small	Large
Wipeable Cover	7107-0401-100	7107-0402-100
Comfort Cover	7107-0401-200	7107-0402-200
Hygiene Cushion	7107-0401-300	7107-0402-300
Microfibre Filling	Small	Large
Wipeable Cover	7109-0401-100	7109-0402-100
Comfort Cover	7109-0401-200	7109-0402-200



SleepShape S-Cushion

- Body-length S-shaped positioning cushion designed to provide comprehensive postural support in side-lying and semi side-lying positions.
- Supports the trunk, pelvis and lower limbs simultaneously to maintain alignment and stability when positioned in front of or behind the user.
- Lower section can be placed between the knees, calves and ankles to assist with pressure distribution over bony prominences.

	Small	Large
Length	1350mm	1850mm
Depth	250mm	350mm
Wipeable Spare Cover	7100-0501-100-C	7100-0502-100-C
Comfort Spare Cover	7100-0501-200-C	7100-0502-200-C
Microbead Filling	Small	Large
Wipeable Cover	7107-0501-100	7107-0502-100
Comfort Cover	7107-0501-200	7107-0502-200
Hygiene Cushion	7107-0501-300	7107-0502-300
Microfibre Filling	Small	Large
Wipeable Cover	7109-0501-100	7109-0502-100
Comfort Cover	7109-0501-200	7109-0502-200



SleepShape Half Moon

- Contoured positioning cushion designed to provide lateral stability and with multi-purpose positioning abilities in lying.
- Curved profile allows placement around the pelvis or shoulders to provide contoured support and improve alignment.
- When positioned around the pelvis, supports hips and knees in flexion to accommodate reduced joint range and provide slight positioning for comfort.

	Small	Large
Length Around Outer Side	1200mm	1900mm
Diameter	200mm	300mm
Wipeable Spare Cover	7100-0601-100-C	7100-0602-100-C
Comfort Spare Cover	7100-0601-200-C	7100-0602-200-C
Microbead Filling	Small	Large
Wipeable Cover	7107-0601-100	7107-0602-100
Comfort Cover	7107-0601-200	7107-0602-200
Hygiene Cushion	7107-0601-300	7107-0602-300
Microfibre Filling	Small	Large
Wipeable Cover	7109-0601-100	7109-0602-100
Comfort Cover	7109-0601-200	7109-0602-200



SleepShape Abduction

- Specialised positioning cushion designed to facilitate an abducted hip position in lying.
- Placed between the thighs to promote hip abduction while reducing friction and shearing forces on the inner thighs, knees and calves.
- Supports comfort, postural alignment, pressure injury risk management and hip health for users prone to adducted lower limb positioning.

	Small	Large
Height	230mm	350mm
Width of Tapered End	30mm	100mm
Total Width	150mm	300mm
Wipeable Spare Cover	7100-0701-100-C	7100-0702-100-C
Comfort Spare Cover	7100-0701-200-C	7100-0702-200-C
Microbead Filling	Small	Large
Wipeable Cover	7107-0701-100	7107-0702-100
Comfort Cover	7107-0701-200	7107-0702-200
Hygiene Cushion	7107-0701-300	7107-0702-300
Microfibre Filling	Small	Large
Wipeable Cover	7109-0701-100	7109-0702-100
Comfort Cover	7109-0701-200	7109-0702-200



SleepShape Wedge

- Versatile wedge-shaped positioning cushion designed to support a wide range of postural applications in lying.
- Available in short and long versions to suit different body sizes and positioning requirements, supporting semi side-lying, lateral stability and alignment.
- Long version can be used to elevate the upper or lower limbs, assisting with comfort and pressure injury risk management.

	Short	Long
Depth	200mm	480mm
Height of Tapered End	30mm	30mm
Width	240mm	240mm
Total Height	150mm	150mm
Wipeable Spare Cover	7100-0801-100-C	7100-0802-100-C
Comfort Spare Cover	7100-0801-200-C	7100-0802-200-C
Microbead Filling	Short	Long
Wipeable Cover	7107-0801-100	7107-0802-100
Comfort Cover	7107-0801-200	7107-0802-200
Hygiene Cushion	7107-0801-300	7107-0802-300
Microfibre Filling	Short	Long
Wipeable Cover	7109-0801-100	7109-0802-100
Comfort Cover	7109-0801-200	7109-0802-200



SleepShape Calf Support

- Dedicated positioning cushion designed to offload pressure from the heels and feet when lying in supine.
- Positioned under the calves to elevate the heels from the support surface, assisting with pressure reduction and pressure injury risk management.
- Features an integrated adjustable strap for secure positioning.

Width	900mm
Depth	250mm
Wipeable Spare Cover	7100-0901-100-C
Comfort Spare Cover	7100-0901-200-C
Microbead Filling	
Wipeable Cover	7107-0901-100
Comfort Cover	7107-0901-200
Hygiene Cushion	7107-0901-300
Microfibre Filling	
Wipeable Cover	7109-0901-100
Comfort Cover	7109-0901-200



SleepShape Ring & Half Ring

- Specialised positioning cushions designed to be used independently or in combination with other SleepShape supports to enhance overall positioning in lying or provide targeted head and neck support.
- When combined with cylindrical or Half Moon supports, it assists with protective hip positioning by providing medial thigh support to prevent knee contact and reduce pressure over bony prominences.

	Ring	Half Ring
Length Around Outer Side	1330mm	750mm
Inner Cut-Out Diameter	170mm	170mm
Wipeable Spare Cover	7100-1001-100-C	7100-1102-100-C
Comfort Spare Cover	7100-1001-200-C	7100-1102-200-C
Microbead Filling	Ring	Half Ring
Wipeable Cover	7107-1001-100	7107-1102-100
Comfort Cover	7107-1001-200	7107-1102-200
Hygiene Cushion	7107-1001-300	107-1102-300
Microfibre Filling	Ring	Half Ring
Wipeable Cover	7109-1001-100	7109-1102-100
Comfort Cover	7109-1001-200	7109-1102-200



SleepShape Hemi Comfort

- Specialised positioning cushion designed to support the affected upper limb of individuals with hemiparesis, reduced muscle control or upper limb injury.
- Two-component modular design with hook-and-loop fastening allows independent positioning and adjustment to promote alignment, comfort and stability in lying.
- Microfibre fill option features an adjustable lower section, enabling support height to be tailored to individual needs.

Width	500mm
Depth	400mm
Wipeable Spare Cover	7100-1201-100-C
Comfort Spare Cover	7100-1201-200-C
Microbead Filling	
Wipeable Cover	7107-1201-100
Comfort Cover	7107-1201-200
Microfibre Filling	
Wipeable Cover	7109-1201-100
Comfort Cover	7109-1201-200



SleepShape Ear Cushion

- Compact positioning cushion designed to offload pressure from the ear in side-lying.
- Used on top of a standard bed pillow to reduce pressure on the ear and support pressure injury risk management during prolonged lying.
- Small profile allows easy placement without compromising overall head and neck alignment.

Width	300mm
Depth	300mm
Inner Cut-Out Circumference	80mm
Wipeable Spare Cover	7100-1301-100-C
Comfort Spare Cover	7100-1301-200-C
Microbead Filling	
Wipeable Cover	7107-1301-100
Comfort Cover	7107-1301-200
Microfibre Filling	
Wipeable Cover	7109-1301-100
Comfort Cover	7109-1301-200



SleepShape Footwrap

- Specialised positioning support designed to wrap around the foot and ankle to assist with pressure management and alignment in lying.
- Assists in maintaining a more neutral foot and ankle position to support comfort and prevent development of contractures.

Width	95mm
Depth	350mm
Height	350mm
Microfibre Fill and Wipeable Outer Cover Only No optional covers or choice of filling.	7109-1401-100



SleepShape Occiput

- Targeted positioning cushion designed to offload pressure from the occipital area in supine, helping redistribute load away from the back of the skull to support pressure care management and comfort.
- Adjustable design allows placement behind the head or under other sensitive areas where pressure needs to be off loaded.
- Available with microfibre (adjustable with less stability) or microbead (greater stability without adjustability) top sections, both featuring a microfibre bottom layer for fine-tuned height adjustment to support pressure management and head alignment.

Width	500mm
Depth	400mm
Wipeable Spare Cover	7100-1601-100-C
Comfort Spare Cover	7100-1601-200-C
Microbead Filling	
Wipeable Cover	7107-1601-100
Comfort Cover	7107-1601-200
Microfibre Filling	
Wipeable Cover	7109-1601-100
Comfort Cover	7109-1601-200



Positioning Overviews



SleepShape SemiFlower, Triangular (large), Triangular (small)



SleepShape Half Moon (large), Universal (large), Calf Support, Ring



Cushion, SleepShape Triangle (small), S-Cushion (large), Footwrap



SleepShape S-Cushion (large), S-Cushion (small), Wedge



SleepShape Cylinder (large) x3 (two under the sheet), Half Ring, Universal (large)



SleepShape Occiput, Calf Support, W Cushion



SleepShape Universal, Half Moon, Wedge (short)



SleepShape Cylinder (large, tucked under sheet), Wedge (long), Universal (large)



SleepShape Occiput, Hemi-comfort (Upper layer only), Triangular (large), Cylinder (large)



SleepShape Semifowler (large - reverse), Wedge (long), Calf Support



SleepShape Cylinder (large), Wedge (long), Universal (large), Universal (large), Wedge (short)

Thermal Comfort Fabric

medifab

Manufacturer

Medifab Merino Covers.

Properties

- 100% Natural
- Soft, insulating, breathable and moisture wicking
- Easy care and machine washable
- Unique thermal properties which keep warm in winter and cool in summer

Item	Code	Dimensions	Specifications
Merino Fabric (black) - off the roll	0033-0730-330	Order size to suit your needs	Custom-tailored to suit your requirements.



Manufacturer

Outlast Technologies LLC.

Properties

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™.



Item	Code	Dimensions	Specifications
Outlast Elastic White Flat Sheet	7030-7889-LST	205cm wide x 260cm long	Cot Mattress Sizes
Outlast Elastic White Fabric - off the roll	0033-0810-010	Order size to suit your needs	Use as a top sheet or draping sheet. Also available to be used to upholster items (at Medifab's discretion)



Manufacturer

Designed for the Symmetrisleep range, by The Helping Hand Company UK.

Properties

Active temperature regulation for thermal comfort. Excess moisture can cause discomfort and distress but with Coolover, these issues can be alleviated due to it's unique structure. Coolover is a 'denier-gradient' fabric which means it has a slightly different structure on the outside to the inside. Wider channels near the skin draw moisture away and evaporation occurs on the other side of the fabric. This reduces risk of respiratory distress, rashes & redness.

Care

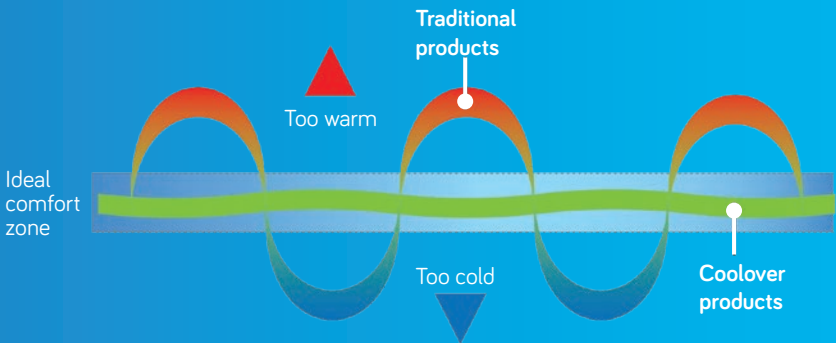
Machine washable up to 75°C. Low tumble dry. Do not iron or Dry clean.

Item	Code	Dimensions	Specifications
	7015-7120-C00	63cm wide x 132cm long	Cot Mattress Sizes
	7015-7120-T00	80cm wide x 160cm long	3/4 Mattress Sizes
	7015-7120-S00	120cm wide x 200cm long	Single Mattress Sizes
	7015-7120-SK0	145cm wide x 200cm long	Single King Mattress Sizes
	7015-7120-D00	150cm wide x 215cm long	Double/Queen Mattress Sizes
	7015-7100-SFS	320cm wide x 210cm long	Use as a top sheet or draping sheet. Also available to be used to upholster items not from the Symmetrisleep range (at Medifab's discretion)
	7016-7500-CVR	30cm x 30cm	Fits A (Square) Lowzone Cushion
	7016-7580-CVR	30cm x 45cm	Fits C (M Oblong) Lowzone Cushion
	7016-7610-CVR	45cm x 75cm	Fits D (L Oblong) Lowzone Cushion*
	7016-7720-CVR	25cm x 37cm	Fits E-S (S Horseshoe) Lowzone Cushion
	7016-7710-CVR	30.5cm x 65cm	Fits E-M (M Horseshoe) Lowzone Cushion
	7016-7700-CVR	35cm x 80cm	Fits E-L (L Horseshoe) Lowzone Cushion
	7016-7702-CVR	65cm x 90cm	Fits E-X (X Horseshoe) Lowzone Cushion
	7016-7800-CVR	8cm x 30cm	Fits F (S Roll) Lowzone Cushion
	7016-7850-CVR	13cm x 40cm	Fits G (M Roll) Lowzone Cushion
	7016-7810-CVR	160cm x 80cm x 2cm	3/4 Mattress Sizes
	7014-8020-T00	190cm x 100cm x 2cm	Single Mattress Sizes
			*Also fits most standard sizes of regular bed pillow



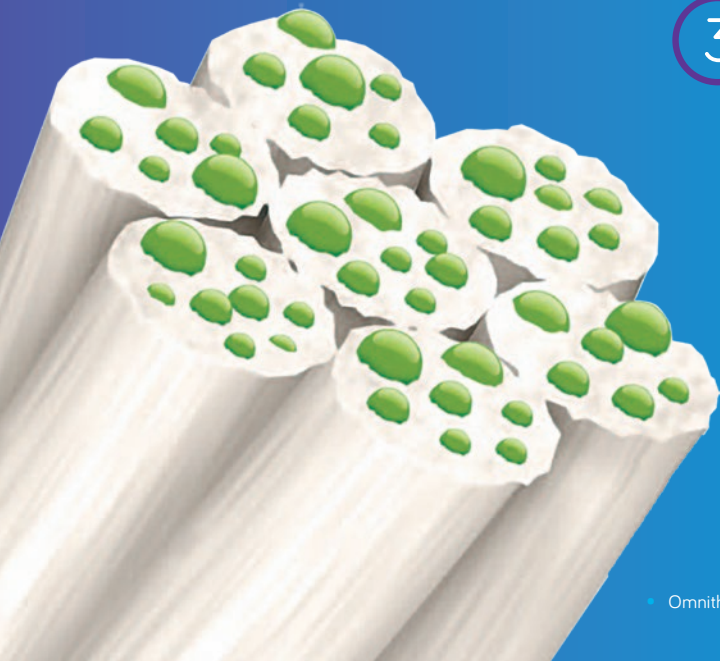
Effective temperature regulation is key to achieving comfort and skin integrity when in either seated or lying positions.

Most people are comfortable with their skin temperature between 33.3 and 33.6 degrees – a narrow margin. This can easily be affected by moulded seating, clothing, cushions, foams, sheets and bedding – especially for those with complex conditions or neurological problems. Our ‘Micro-Climate’ (skin surface temp and humidity/skin surface moisture) – can be affected too by the ambient temperature, ambient humidity, exposure to air and contact with other surfaces.



Coolover Clinical Advantages

- 1 Absorb and release technology**
Coolover fabrics can be used to enhance thermal comfort by working right up close. This soft feel Hypo Allergenic fabric contains tiny Omnitherm microcapsules; these absorb excess heat when the body is hot and release it back when the body cools to maintain a more even temperature for a better night's sleep.
- 2 Fibre embedding**
Having Omnitherm embedded in the fibres themselves, rather than being in a separate inner layer, gets them closer to the skin to offer our most effective temperature controlling fabric to date.
- 3 Air movement that cools**
3D “spacer” knit allows air to move more freely keeping you:
 - Cooler as sweat can more easily evaporate
 - Drier as moisture is moved away from the skin



Omnitherm Thermal Comfort

• Omnitherm microcapsules within Coolover fabric threads (Graphic representation)

Information Table

The following table provides detailed procedures for caring for and washing of the following fabric products.

Fabric Name	Appearance	Properties	Fabric Composition	Washing Instructions	Available For
Cotton Towelling	Variety of colours available	Slight stretch, absorbent, soft and warming. Small soft loops on fabric.	90% Cotton, 10% PES	Hand or machine wash on gentle cycle - 60°C. Do not bleach, dry clean, wring or leave wet. Do not tumble dry. Do not iron.	Custom made items & CareWave (CareWave variant towelling can be slightly firmer)
Natural Merino Wool	Variety of colours available	Stretchy, soft, with natural cooling and warming properties	100% Merino	Hand or machine wash on gentle cycle - 40°C. Low spin. Low tumble dry - 40°C. Cool iron. Use approved wool detergent and wash with like colours. Do not bleach, dry clean, wring or leave wet.	Custom made items
Outlast	White woven cloth	Slight stretch, cool to touch, impregnated with Outlast technology to absorb and store heat, and then release it when required. Less overheating and night sweating, less chilling to help to sleep more soundly.	100% Polyester textile, with Silicone coating layer containing PCM (Phase Change Material) capsules	Hand or machine wash on gentle cycle - 40°C. Do not bleach, dry clean, wring or leave wet. Low heat tumble dry. Cool iron. Wet clean.	Custom made items, and available for covering CareWave, Poz'In'Form if necessary.

Disclaimer: The above washing instructions are provided by the manufacturers of the fabrics and are subject to change without notice.