



Typical set ups

- Supine
- Side Lying
- Prone

We hope that you enjoy and benefit from having a Symmetrisleep system.

The following pages show how you might set your system up; however please be aware that these are only suggestions. Particular requirements can and will vary, and should be decided with the help of a trained therapist or other competent individual.

More than one position can be used.

Component colours in this booklet are not representative.
Brackets and accessory sizes vary depending on need.

Be aware that needs can change and take appropriate action.



SA0003_7



Static mattresses:

Ensure you have a quality mattress on the bed. We recommend Lowzone mattresses as a good starting point.

Alternating mattresses:

The system will still work. If there is a pressure relief protocol in place, you may wish to omit the Overmantle, in which case use the Velcro and the top sheet and any accessories. Ensure you have pads fitted to the brackets.

When using an alternating mattress the sheets have slots which can be sliced to accommodate the operating tubes.

Profiling Beds:

The system works with profiling beds. You may need taller brackets at the chest when sitting up.

Getting Started:

It may take some time to learn to lie straighter, so you may find that you can only use it for a couple of hours at first. Remember, this is over 700 hours a year of good positioning!

Safety Issues to consider:

Breathing?
Temperature?

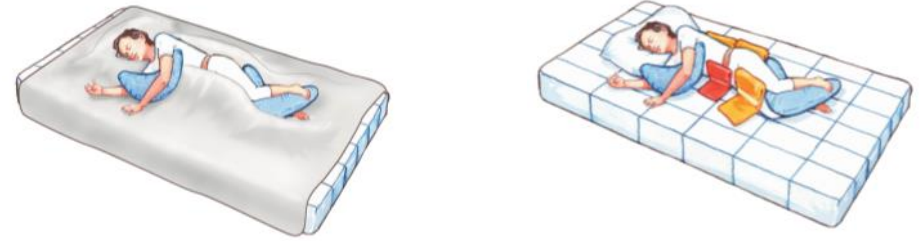
Swallowing?
Pressure?

Pain?

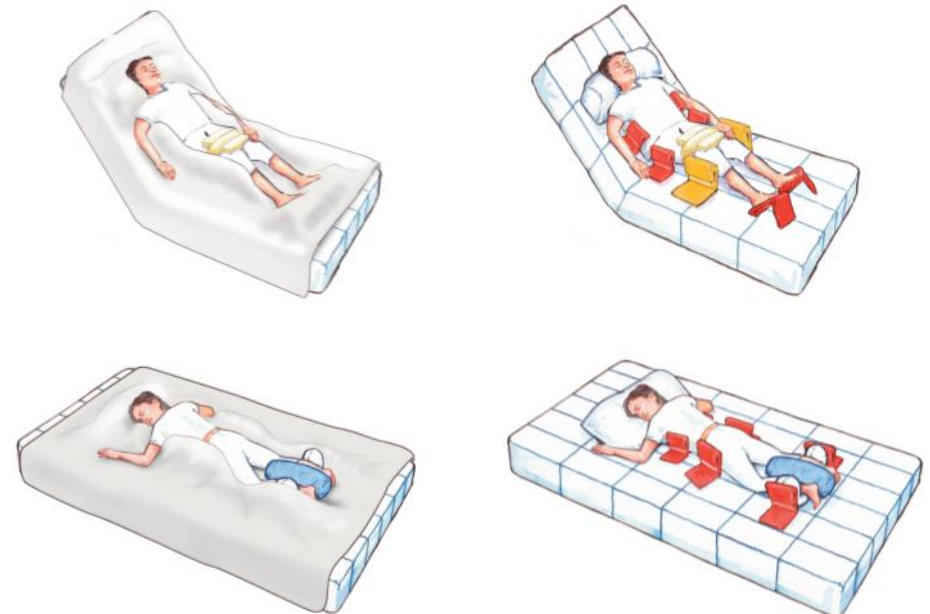
If you are in any doubt, put the system to one side and seek advice from a therapist. You may prefer to use the system in different ways when you are learning to use it or at different times of the day or during periods of sickness. Make a plan with your therapist.

For more information on our Sleep System including full product details, How-To Videos, temperature regulation, thermal comfort and Infection Control please visit

www.symmetrisleep.co.uk



**Find your optimum positions with
the UK's favourite night time positioning system**



www.symmetrisleep.co.uk

SYMMETRISLEEP WASHING INSTRUCTIONS

DESCRIPTION	WASHING INSTRUCTIONS
VELCRO SHEET Full length fitted sheet with either pull cord adjustment or Velcro fastenings	MACHINE WASH AT 40°C OR LESS WITH MILD DETERGENTS. DO NOT IRON, TUMBLE DRY OR USE CHLORINE BLEACH.
BRACKETS	WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS.
CooloverTR3 BRACKET PADS	MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON.
SOFT KNEE BRACE	COOLOVER TR3 INSERTS - MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. PU COVER - WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS.
SIDE LYING LEG SUPPORT	WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS.
LOWZONE OVERMANTLE OR MATTRESSES All with PU covers	WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. MACHINE WASH AT 40°C OR LESS OR DRY CLEAN (SOME SURFACE WRINKLING MAY OCCUR - THIS HAS NO ADVERSE EFFECT ON THE FABRIC'S PROPERTIES). HANG DRY. DO NOT IRON.
AIRMANTLE Coolover Or Bamboo with PU reverse	COOLOVER TR3 COVER - MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. DO NOT TUMBLE DRY. BAMBOO COVER - MACHINE WASH AT 40°C OR LESS WITH MILD DETERGENTS. DO NOT TUMBLE DRY. PU SIDE OF THE PRODUCT - CAN ALSO BE WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. DO NOT IRON.
AIR SHEET	MACHINE WASH AT 40°C OR LESS WITH MILD DETERGENTS. DO NOT TUMBLE DRY. DO NOT IRON.
BAMBOO FITTED SHEET	MACHINE WASH AT 40°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON OR DRY CLEAN
CooloverTR3 FITTED OVERSHEET	MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON OR DRY CLEAN.
CUSHIONS	PU COVER - WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. MACHINE WASH AT 40°C OR LESS OR DRY CLEAN (SOME SURFACE WRINKLING MAY OCCUR - THIS HAS NO ADVERSE EFFECT ON THE FABRIC'S PROPERTIES) DO NOT TUMBLE DRY. HANG DRY. DO NOT IRON. BAMBOO COVER - MACHINE WASH AT 40°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON OR BLEACH. COOLOVER TR3 COVER - MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON OR DRY CLEAN.



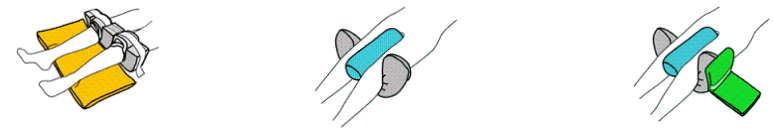
Supine lying- typical setups.
NB Colours are not representative.
Brackets and accessory sizes vary between assessments.



Now lift the Overmante to fit the brackets (with pads if required)
Brackets should be snug but not too tight



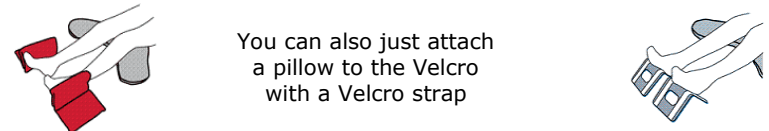
Now support the thighs and knees: Here are some regularly used options:



"Knee" block usually fits above the knees. Fitted on top of sheet. Pillow protects the heels.

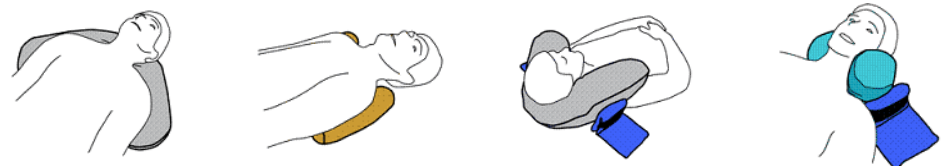
Vee pillow under the Overmante, oblong is slid under the sheet

Now you may need to support the feet:



You can also just attach a pillow to the Velcro with a Velcro strap

Finally the head and shoulders



Side lying– typical setups.

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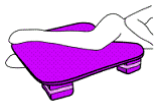


Fit Velcro

Fit Overmantle
or Airmantle

Fit Top Sheet
(Coolover or Bamboo)

Start by stabilising the pelvis
Brackets should be snug but not too tight.



Fits on top of sheet

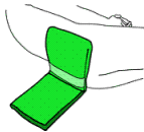


Fits on top of sheet



Cushion fits on top of sheet,
brackets on the Velcro

Now support the upper and lower back.
A small bracket is all that is required in front of the chest.



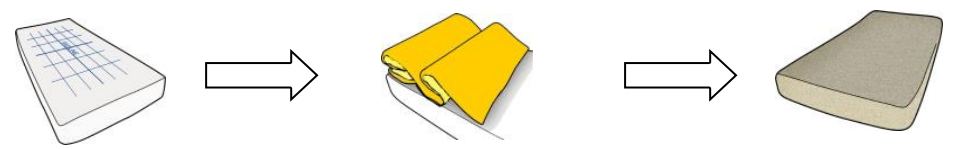
Support the head. A bracket can be added behind the pillow.



A pillow like this can be fitted
under the Airmantle if required

Prone lying– typical setups.

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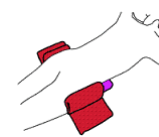
Fit Velcro

Fit Overmantle
or Airmantle

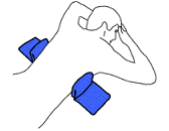
Fit Top Sheet
(Coolover or Bamboo)

Now lift the sheet and Overmantle to fit the brackets (with pads if required). Brackets should be snug but not too tight

Hips
First

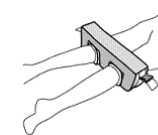


Then Chest



Pillows may be required
under hips and chest

Next the knees: In this suggestion the block is inverted
(it can be fitted before moving to prone)



Now the feet: The pillow goes between the Velcro and the topsheet.

