

Symmetrisleep



**SLEEPING &
POSITIONING SYSTEM**

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Symmetrisleep

My son, Jason, is now nearly 19 years old and I have been using the Symmetrikit Sleep System for him since 2000. Jason has severe Cerebral Palsy with associated Scoliosis and Kyphosis, muscle spasms, bi-lateral hip dislocation and he also has complex health needs. He suffers a great deal of pain and is frequently distressed during the day and night.

The sleep system has been the one piece of postural equipment that we have been able to use for him whether he is settled or distressed, well or unwell. No other piece of equipment has given us that flexibility. He has always reacted adversely to being 'held' in position in equipment that is not comfortable, and therefore the use of it ends up being counter productive. He becomes more tense and more distressed the longer he is in it. This has never been the case with the Symmetrisleep system. Due to the deeply padded Airmantle mattress and also pads covering the brackets, his comfort is maintained, tension is eradicated and yet he is held in the correct posture for him.

Sandy (Jason's Mum)



Primo – it's never too soon to start

Introducing Early Years Positioning

Although Symmetrisleep® have been designing, manufacturing and supplying market leading postural care products for over 20 years, for the first time, with the introduction of Primo, the specific needs of 0-3 year olds are now being catered for.

Early Intervention Teams have been supporting families by teaching to position and handle their young child, in positive stimulation, sensory and play. Primo now offers a solution for day and night time positioning in lying.

Why supported lying?

In your Early Years learning to lie straight against the effects of gravity can be challenging. If you can be supported in a Symmetrical lying position and learn to lie straight, day time can be so much more fun. Postural Care has become more widely accepted as a route to better positioning, easier manual handling, improved ability to function, therapy and play.

Successful outcomes

We work closely as a team with Therapists, Families and Infants, successfully providing our Symmetrisleep® systems. With a long history of supplying our simple in bed support systems we are in contact daily with people who are showing improvements in comfort, body shape, range of movement and reduced tone.

Simple

- Primo is simple and easy to use – unzip the carry bag and you're ready to go. You can use it on any flat surface where there is no risk of falling* Simply lay your child on the built in Temperature Regulating top sheet and start using.

Comfortable

- Symmetrisleep® have used the unique Temperature Regulating Technology, CoolOver, and Pressure Relieving materials to ensure the 'Baby Soft' Primo is so comfortable for the young infant.

Portable

- The Primo is Compact, Light and comes in an 'All in One' Carry bag. You can take it anywhere.

Hygienic

- The 'Baby Soft' Primo is easy to keep clean. All fabrics are machine washable and can be cool dried. The base unit, cushions and wedges are wipe clean.

Safe

- Flammability, Breathability, Hardness and Airflow. Complies with Furniture and Furnishings (FIRE SAFETY) regulations 2010. Complies with EN597-2, BS1877-8 1974, BS7177, BS6807 and BS4578.

* Please seek guidance on positioning and using your Primo from the Qualified Health Professional who has prescribed your Primo System.



Where can I use my Primo?

Symmetrisleep® Primo can be used in an existing cot, crib, carry cot or even on the floor for day time therapy and play*



Primo Starter Pack

What is in the Bag?

Primo starts with a bag that unfolds to form a base mattress. This can be secured to a cot or bed with the securing straps supplied. Attached to the top face of the mattress is a Velcro sheet and on top of that is your Coolover TR3 sheet.

Various soft supports are supplied in the bag. These can be added or removed when your baby is lying on the system to mould to the desired position offering soft and stable support without being restrictive.

As the supports are held in place by the Velcro they don't drift out of position and you don't need to reposition them until you actually want to, so reducing disturbances.

Starter Pack Contains	Quantity
Primo Base c/w Airmantle Core and Carry Bag Outer	1
Primo Base Velcro Sheet	1
Primo Coolover Oversheet	2
Primo Head Pillow c/w Coolover Cover	1
D Wedge 130 x 120mm c/w Air Permeable Cover	4
Primo Roll Cushion Small Crumb Foam c/w Air Permeable Cover	1
Security Strap 1500mm (Pair)	1
Code	7001-0100-000

Select additional accessories

Item	Coolover oversheet	Elliptical head pillow	Segmented 5 section pillow	Lateral wedge	Small roll cushion, solid foam filling
					
Dimensions	122 x 88 cm	25 x 20 cm	40 x 45 x 6 cm	10 x 13 x 7 cm	31 x 6 cm
Code	7001-3000-CVR	7001-4000-CVR	7001-4100-S10	7001-4201-S10	7001-4203-S10
Includes		Coolover cover	Spacer fabric cover	Spacer fabric cover	Spacer fabric cover
Coolover cover only		7001-4001-CVR	7001-4100-CVR	7001-4201-CVR	7001-4203-CVR

Item	Long roll cushion, solid foam filling	Small horseshoe pillow, crumbed foam filling	Small roll cushion, crumbed foam filling	Knee cosy with solid foam filling	Securing strap
					
Dimensions	80 x 6 cm	37 x 28 cm	34 x 8 cm	30 x 6 x 8 cm	200 cm long
Code	7001-4208-S10	7001-4301-S10	7001-4350-S10	7001-4405-S10	7001-9010-000
Includes	Spacer fabric cover	Spacer fabric cover	Spacer fabric cover	Spacer fabric cover	
Coolover cover only	7001-4208-CVR	7001-4301-CVR	7001-4350-CVR	7001-4405-CVR	



Better Nights, Better Days

What are destructive postures?

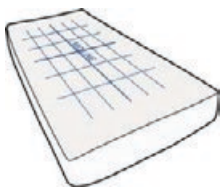
Postures in which the body can be damaged by being left unsupported. Whilst in these postures some of the joints may be stressed.

What are supported postures?

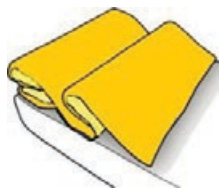
Postures in which the natural shape of the body is protected and all the joints are supported in a neutral, comfortable position.

How Symmetrisleep works

- Symmetrisleep is the pioneer of sleep systems, constructed from a comfort aspect with postural support aids incorporated.
- Symmetrisleep helps children and adults to lie straight on the bed, decreasing their fatigue during the day.
- Very comfortable supports.
- Helps manage thermal comfort.
- Thermo-sensitive foam padding. Chip-foam pillow filling means the pillows can be moulded / reduced / added.
- Large choice of accessories to suit a wide range of needs.
- Highly adaptable - use little or lots!



1. Strap Velcro sheet to mattress



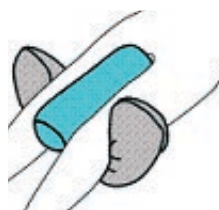
2. Use an overmantle or airmantle if desired



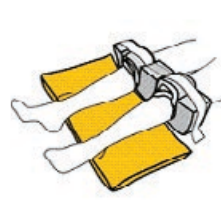
3. Add the stretch Coolover® or Bamboo Cover



4. Add support brackets



5. Add positioning pillows



6. Add knee block options if required



A look at some of the comfortable supports with the Overmantle removed.



This shows a typical Symmetrisleep set-up. Use standard sheets and duvet over the occupant.



Easy to set up - simply add the supports that stabilise and make the user comfortable, and then use the supports to gently counter any asymmetry.



Velcro Receptor Sheet

- Stretchy velcro-like fitted sheet made to suit common mattress sizes. New design means the mattress does not need to be lifted to fit it.
- Unique gridlines allow accurate positioning of supports and brackets
- Receptor is stretchy so that it can even be used on alternating pressure mattresses.

	Cot	Single	Single King	Double
Code	7010-8005-CT0	7010-8005-SN0	7010-8005-KS0	7010-8005-D00
Width	75 cm	100 cm	106 cm	150 cm
Length	100 cm	190 cm	205 cm	205 cm



Airmantle

- Positioned between the Symmetrisleep brackets and the top sheet, Airmantle supports the whole body and can be used to provide gentle de-rotation of the spine and chest.
- It is used instead of the Overmantle, when temperature is an issue.
- Made from thick 3D knitted nylon. This open weave combined with the soft polyester cover keeps contact surfaces away from the body and allows air to circulate freely.
- It conforms easily to body shape and provides excellent comfort and pressure relief.
- Now available with Coolover® top layer for improved temperature stabilisation. Waterproof base layer to trap any spills. Machine washable.



	3/4	Single
Code	7014-8020-T00	7014-8010-S00
Length	160 cm	190 cm
Width	80 cm	100 cm
Depth	2 cm	2 cm

Lowzone Overmantle

- Effective, simple and durable. High conformity of foam helps to reduce point pressures while remaining stable and absorbing shocks.
- Assists with adding comfort to a normal bed surface as an alternative to costly specialised mattresses.
- Lowzone has an "extra severe" durability classification, meaning that it will keep working when other conventional foams have given up.
- Viewed as suitable for medium risk use.
- Protects mattress from spillage.

	Small Single	Medium Single
Code	7014-6960-001	7014-7040-001
Length	145 cm	145 cm
Width	80 cm	90 cm
Depth	3 cm	3 cm



Coolover Sheets



- Active temperature regulation for thermal comfort.
- Excess moisture can cause discomfort and distress but with Coolover®, these issues can be alleviated due to its 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 the risk of respiratory distress, rashes and redness.
- Machine washable to 75 degrees.
- Coolover Flat sheet is now available.

	Code	W	L
Cot	7015-7120-C00	60 cm	130 cm
3/4	7015-7120-T00	80 cm	160 cm
Single	7015-7120-S00	106 cm	190 cm
Single King	7015-7120-SK0	106 cm	210 cm
Double/Queen	7015-7120-D00	150 cm	215 cm
Flat Sheet	7015-7120-SFS	210 cm	320 cm

Bamboo Fitted Sheets



- Highly wicking, super-soft fitted sheets to keep you cool.
- This eco-friendly textile has both anti-bacterial and anti-fungal properties so stays "fresh" for longer. Its smooth, round fibres are knitted in to a silky super soft fabric for a luxury feel.
- Bamboo fibres have a hollow tube like construction so they tend to wick moisture away from the skin aiding evaporation and keeping the skin cool and dry (Bamboo can hold more than 3 times its own weight in water).
- Bamboo sheets and covers can be washed and tumble dried at 40°C for faster turnaround.

	Code	W	L
Cot	7015-7121-C00	60 cm	130 cm
3/4	7015-7121-T00	80 cm	160 cm
Single	7015-7121-S00	106 cm	190 cm
Single King	7015-7121-SK0	106 cm	210 cm
Double	7015-7121-D00	150 cm	215 cm

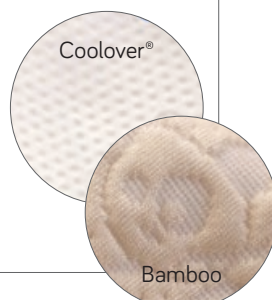
Coolover/Bamboo Covers



- Extend the thermal regulation with cushion covers available in either Coolover or Bamboo for all the Lowzone cushions (see page opposite).
- Coolover covers have excellent air permeability so reduce severity of respiratory distress. Inherent free draining characteristics allow fluids which may otherwise cause redness/rashes to drain away from skin.
- Refer to page 62 for full details on Thermal Comfort.

Bamboo or Coolover? Best for:

	Coolover	Bamboo
Temperature Control	Yes	No
Machine Wash/Dry	75°C	40°C
Use as a head pillow (Respiratory safety)	Yes	No
Wicking	Yes	Yes



	Coolover Cover Code	Bamboo Cover Code
A: Square	7016-7500-CVR	7016-7500-BAM
C: Med Oblong	7016-7580-CVR	7016-7580-BAM
D: Lge Oblong	7016-7610-CVR	7016-7610-BAM
E-S: Sml Horseshoe	7016-7720-CVR	7016-7720-BAM
E-M: Med Horseshoe	7016-7710-CVR	7016-7710-BAM
E-L: Lge Horseshoe*	7016-7700-CVR	7016-7700-BAM
E-X: Horseshoe Extended	7016-7702-CVR	7016-7702-BAM
F: Sml Roll	7016-7800-CVR	7016-7800-BAM
G: Med Roll	7016-7850-CVR	7016-7850-BAM
G+: Med Roll Extended	7016-7860-CVR	7016-7860-BAM
Z Pillow	7016-7810-CVR	7016-7810-BAM

Lowzone Posture Cushions

- A range of shapes and sizes to choose from, filled with visco-elastic, pressure-relieving chipped foam which brings great ability to be moulded by adding/reducing thickness.
- Zip access allows filling to be removed or added to, to suit client requirements. Bamboo or Coolover covers available for all lowzone cushions (see specifics on previous page).
- To add a Coolover cover to any Lowzone cushion, replace the last three digits of the code with -CVR.
- To add a Bamboo cover to any Lowzone cushion, replace the last three digits of the code with -BAM.



	Code	W	L
A: Square	7016-7500-001	30 cm	30 cm
C: Med Oblong	7016-7580-001	30 cm	45 cm
D: Lge Oblong	7016-7610-001	45 cm	75 cm
E-S: Sml Horseshoe	7016-7720-001	25 cm	37 cm
E-M: Med Horseshoe	7016-7710-001	30.5 cm	65 cm
E-L: Lge Horseshoe*	7016-7700-001	35 cm	80 cm
E-X: Horseshoe Extended	7016-7702-001	65 cm	90 cm
F: Sml Roll	7016-7800-001	8 cm	30 cm
G: Med Roll	7016-7850-001	13 cm	40 cm
G+: Med Roll Extended	7016-7860-001	13 cm	60 cm
Z Pillow	7016-7810-001	20 cm	80 cm



* Lge Horseshoe = previously the standard sized Horseshoe

Side Lying Leg Support

- Stabilises the pelvis in a side-lying position.
- Can also be used in hygiene changes.
- Smallest size suitable for preschool children.

	Small	Medium	Large
Code	7013-7445-000	7013-7450-000	7013-7455-000
Width	36 cm	60 cm	74 cm
Depth	36 cm	60 cm	74 cm



Positioning Brackets

- Brackets fit to the Velcro Receptor Sheet, under the top sheet and under the airmantle.
- Small: normally used either side of the chest and possibly the head in supine lying. A single bracket can fit in front of the stomach in side-lying.
- Medium: normally used at the hips in supine lying.
- Large: used for when the X-Large is too long.
- X-Large: support the back and bottom in side lying. Prevent the knees falling outwards or to one side (wind-sweeping) in supine lying.



	Small	Medium	Large	Extra Large
Code	7011-7200-001	7011-7220-001	7011-7225-001	7011-7230-001
Colour	Red	Yellow	Blue	Green
Width	10 cm	16 cm	15 cm	15 cm
Height	8 cm	13 cm	25 cm	28 cm
Length	13 cm	13 cm	25 cm	25 cm

Coolover Bracket Pads

- For extra softness or to protect the Coolover sheet from Velcro abrasion.
- Use where you just have the Velcro receptor and brackets with no airmantle.
- Coolover (see page 66 for full details) has a 3D “spacer” knit and variable denier weave. Air moves more freely keeping you cooler (as sweat can more easily evaporate) and drier (as moisture moves away from the skin).



	Small	Medium	Large	Extra Large
Code	7012-7165-001	7012-7175-001	7012-7185-001	7012-7195-001
Length	13 cm	13 cm	25 cm	25 cm
Width	10 cm	16 cm	15 cm	15 cm
Height	8 cm	13 cm	25 cm	28 cm



Monoblok Supine Knee Support

- Soft knee block is normally used above the knee and provides good stability in supine.
- Comes in a range of available sizes.
- Add Coolover Legwrap Liners (pictured) for comfort and temperature control.



	Small	Medium	Large
Code	7013-7552-000	7013-7553-000	7013-7554-000
Width	36 cm	40 cm	60 cm
Length	10 cm	20 cm	25 cm

- Showing Coolover Liners



Monoblok Rolling Knee Support

- The rolling knee block is used as the Knee Brace, but for use in conjunction with the Symmslyde system or when turning.
- Add Coolover Legwrap Liners (pictured) for comfort and temperature control.

	Small	Medium	Large
Code	7013-7562-000	7013-7563-000	7013-7564-000
Width	10 cm	21 cm	15 cm
Length	18 cm	20 cm	25 cm



- Showing Coolover Liners



Coolover Legwrap Liners

- Add to either model of Monoblok for comfort and temperature control.

	Small	Medium	Large
5mm thick	7013-7401-CVR	7013-7421-CVR	7013-7421-CVR
10mm thick	7013-7411-CVR	7013-7412-CVR	7013-7413-CVR
Diameter	8cm	8cm	16cm



Monoblok Ramp Wedges

- Use Ramp Wedge under Monoblok to increase knee flexion.
- Can also be used by itself under Overmantle or Airmantle to accommodate hip flexion or knee flexion contractures if movement is required.

	Medium	Large
Code	7013-7573-000	7013-7575-000
Length	40 cm	50 cm
Width	60 cm	70 cm



Symmsslyde

- Symmsslyde® is for those who need carer assistance to turn on their side at night. It provides a supported position in bed with a built-in slide sheet and turning-sling function so you don't have to push or pull to get a sling or slide sheet underneath – it's already there!
- Use the slide-and-turn function to reposition, and then use Symmetrisleep support elements to maintain that position.
- Unlike using pillows and rolled-up towels, everything stays in place so carers spend less time re-positioning.
- Where there is only a single carer, a hoist can be used (mobile or ceiling track) to do the turning.
- See demonstration video online: medifab.co.nz/symmsslyde

Benefits:

- Slide-Turn-Position with 1 system.
- Combines getting users comfortable; keeps them comfortable and relaxed.
- Slide sheets and Positioning systems should work together... but only Symmsslyde does!
- Position in side-lying, supine, prone or sitting up.
- Reduced need to reposition– even sitting.
- Functional positioning– easier hygiene changes.

Symmsslyde Components



- Slide Tube: Attaches to Velcro sheet



- Coolover top sheet: For use with Overmantle.



- Airmantle: Comfortable, durable and washable. With wipe-clean surface.



- Clip Fixing Straps: For hoists with fixed pin attachment points. Plus Storage Bag: Holds Overmantle, 2 Coolover sheets & Velcro sheets.

	Code	Dimensions
Symmsslyde Kit, includes:	7010-9000-001	
Airmantle	7014-9010-001	120 x 200 cm
Slide Tube for attachment to Velcro Sheet*	7010-9020-000	
Coolover Top Sheet	7015-9060-CVR	120 x 200 cm
Storage Bag	7018-9080-000	120 x 50 x 12 cm
Accessory		
Clip Fixing Straps (Pair)	7010-9010-001	

Weight limit 100kg

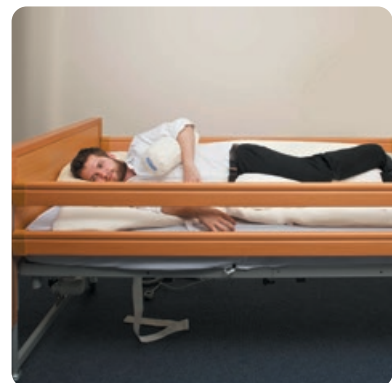
* Velcro Sheet is required. Select your size from Page 19.



- Symmetrisleep elements support and maintain position. Single carer? Use any patient lifting hoist to slide and roll.



- "The main thing I found with this system was because I was able to use the hoist it was like having a spare pair of hands and being a single parent I can't tell you how helpful that was..."
— Poole, Jan14



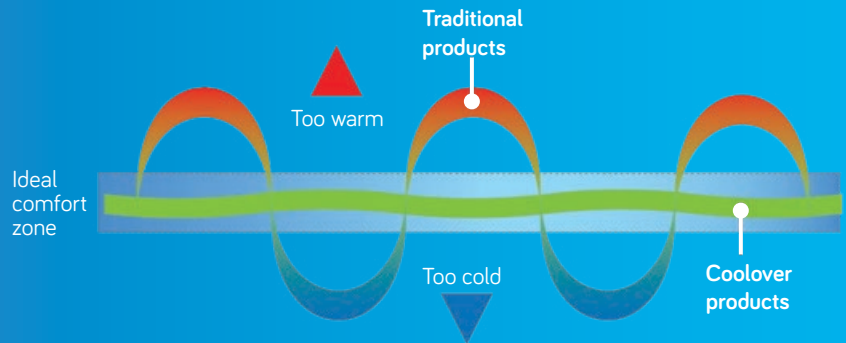


COOLOVER^{TR}3

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

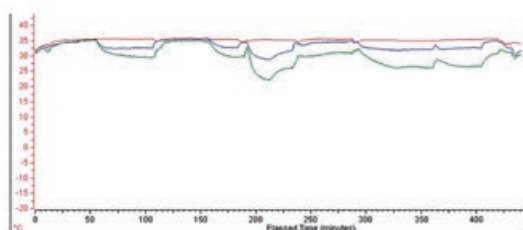
3D "spacer" knit allows air to move more freely keeping you:
- Cooler as sweat can more easily evaporate
- Drier as moisture is moved away from the skin



Omnitherm Thermal Comfort

Symmetrisleep & Temperature Stabilisation

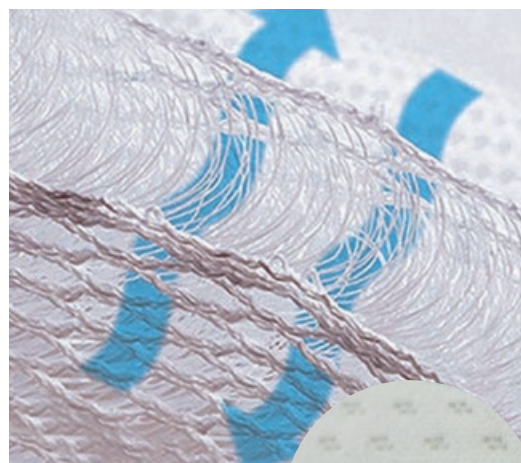
During the night, we regularly rearrange our bedclothes to help maintain a constant body temperature. Airmantle helps those who cannot make these adjustments for themselves; it puts a layer of air around the user allowing perspiration to evaporate so helping to maintain core temperature. This graph illustrates temperature of trunk, thighs and feet during one night in an individual with normal movement. It shows how the legs act as a heat sink so that movement of the feet towards and away from the body helps to defend a stable core temperature in the trunk.



For those unable to carry out such heat seeking and avoidance behaviour, Airmantle can be used to put a layer of air around the person, allowing perspiration to evaporate. It can help to maintain a stable core temperature and reduce disturbance at night. It can be washed as a whole or covers and core can be washed separately.

Use it knitted side up for temperature regulation. Any spillage cannot pass through the base so bedding underneath is protected. Use it base side up if heavy spillage is likely then use a Coolover top-sheet for temperature regulation.

For further details refer to Airmantle on page 19.



- Heat seeking and avoidance



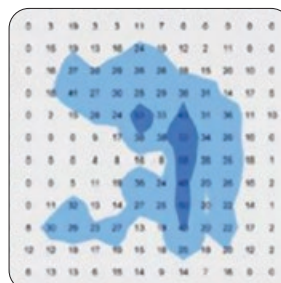
Symmetrisleep & Pressure Relief

Overmattresses are regularly used in conjunction with alternating mattresses. Readings with FSA pressure monitors show little impact, if not a decrease in peak & mean pressures.

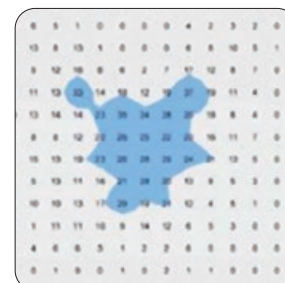
Opposite are typical results- Without the airmantle, the results are good, with an average pressure when the appropriate cells are deflated of just under 10mmHg with a peak pressure of 58 mmHG. With a Lowzone overmattress in place the peak was reduced to 27mmHg and the average to 6mm Hg. With an Airmantle in place, we see even better results. See www.medifab.co.nz/pressure-airmantle for more details.

A recent study by Brightwater Group^[1] into the implementation of Postural care in a long term care facility, 4 of 5 clients safely had their alternating mattresses removed. NB This was done in conjunction with staff education and initially frequent inspection of skin condition.

For further details refer to Overmattress on page 19.



- Without Overmattress



- With Overmattress

[1] Brightwater Care Group Inc. for Health Workforce Australia "Developing and testing the adaptability and utilisation of care workers as part of an Interdisciplinary Workforce Model of Practice. Samantha Neylon. Undated.

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