Comfortable Postural Care System

Night-time is one of the best times to work with postural management, as tone is usually reduced and gravity can be used to an advantage to gently work with correct ‘postural moulding’ and provide passive stretching over a period of time that is usually not possible during the day.

Symmetrisleep is a very adaptable and comfortable night-time positioning system that can be used to support a person in any chosen position and gently work towards any postural correction desired.

By using Symmetrisleep, it can help prevent distortion of body shape or even correct established distortion when used as part of a 24 hour Postural Care Programme.

The system allows a gentle and progressive approach to complex problems. Supports can be introduced gradually during the day and night as tolerance builds.

Symmetrisleep is capable of providing counteractive rotational forces to improve chest shape where distortion has resulted from a destructive rotational posture.

The basis of the system is simplicity itself, a velcro sensitive sheet is fitted over any existing bed, and support brackets are introduced to stabilise the limbs and body.

The secret of success lies in the ultra-comfortable thermo-sensitive ‘Lowzone’ foam that is used to pad the brackets, and cocoon the user inside the supportive interface.

Features
- Thermo-sensitive and pressure reducing 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.
- Easy to clean and its one piece overmantle protects the mattress below from spillage.
- Highly portable.
- Fire retardant.
- Can be set up as prone, supine or in side lying.
- Use on a single bed, a cot or in a double bed alongside a parent.
- Use with profiling beds or with pressure relieving mattresses (passive or active).

What does Symmetrisleep do?

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Identify a Destructive Posture
Varied muscle tone causes an asymmetrical position which affects overall well being.

Create a Supportive Posture
Symmetrisleep pillows and positioning brackets maintain a supported and protected body shape.

RESULTS
After a supported and better night’s sleep, this in turn can mean that the user is much more alert and happy during the day with reduced tone, and is therefore much more amenable to daytime therapy programmes.

Caregivers are usually delighted with the side effects of a better night’s sleep for themselves!
What is Postural Care?

Postural Care is a gentle, respectful, and effective strategy to protect and restore body shape, muscle tone and quality of life!

In terms of safety, failure to provide postural care means exposing people to an obvious risk which could be guarded against.

Past evidence shows that without postural care people (of any age) who find it hard to move (for any reason) are often left in easily avoidable damaging positions which distort their body, and conversely the supportive symmetrical postures which protect body shape.

24-hour Postural Care enables individuals with movement difficulties to grow and/or stay as straight, independent and comfortable as possible. Good physical care is fundamental to wellbeing and has a profound beneficial effect on quality of life for the individual and all those who care for them.

How do I know if someone needs Symmetrisleep?

Ask the following questions regarding the individual that concerns you;

- Does the body stay in a limited number of positions?
- Do the knees seem to be drawn usually to one side? Or inwards? Or outwards?
- Does the head usually turn to one side?
- Does he/she have tight muscles in the morning?
- Is the body shape already asymmetric?
- Does the body tend to flex forward? Or extend backwards? Or right or left?

If you have answered ‘yes’ to any of the above, then it is highly likely that the individual will benefit from a Symmetrisleep night time positioning system!

Easy to set up!

Step 1. **Add** the supports that stabilize and make the user comfortable.

Step 2. **Use** the supports to gently counter any asymmetry.

Easy to Use!

Supine lying

Leg symmetry with knee brace

Side lying

Knee flexion with small pillow supporting ankles

Typical windswept position with rotational force against knee

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