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.

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01531 635388
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.

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?
Swallowing?
Temperature?
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.
<table>
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<tr>
<th>DESCRIPTION</th>
<th>VELCRO SHEET</th>
<th>BRACKETS</th>
<th>SOFT KNEE BRACE</th>
<th>AIR SHEET</th>
<th>COOLER FITTED SHEET</th>
<th>SAFETY SLEEP CUSHIONS</th>
<th>BAMBOO FITTED SHEET</th>
<th>COOLER OVER SHEET</th>
<th>SAFETY SLEEP COVER</th>
<th>LOWZONE OVERMANTLE</th>
<th>AIRMANTLE</th>
<th>SIDE LING LEG SUPPORT</th>
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<td>Fit Velcro</td>
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<td>Fit Overmantle or Airmantle</td>
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<td>Fit Top Sheet (Coolover or Bamboo)</td>
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**Washing Instructions**

- **40ºC or Less Wash on Reduced Cycle.**
- **Do Not Iron, Tumble Dry or Use Chlorine Bleach.**
- **Do Not Use Biological Cleaners.**

**Example:**

- **Lowzone Overmantle:**
  - Wash with Mild Detergents at 40ºC.
  - Can be Tumble Dried.
  - **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 overmantle to fit the brackets (with pads if required).**
- **Brackets should be snug but not too tight.**

- **Hips First**
- **Then Chest**

- **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 overmantle, 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.
NB Colours are not representative. Brackets and accessory sizes vary between assessments.

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

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 Air-mantle if required.

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

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.