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Shaping Better Lives



SYMMETRISLEEP
SLEEPING AND
POSITIONING SYSTEM

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Symmetrisleep

Symmetrisleep is a versatile and comfortable formal sleep system. It helps prevent or correct body shape distortion as part of a 24-hour Postural Care Programme, allowing a gentle and progressive approach to complex issues.

The system is simple to use, involving a velcro-sensitive sheet fitted over any existing bed, with support brackets and positioning pillows to stabilise limbs and the body.

- The Symmetrisleep system uses a combination of base layers to stabilise supports and provide comfort.
- The receptor sheet, Airmantle overlay and Coolover fitted covers are all machine washable, and are designed to provide a breathable support surface which assists with thermoregulation through the active cooling properties of the Coolover fabric. More information on the materials used in these layers can be found in the corresponding sections of this catalogue.
- The Lowzone support cushions are made with a visco-elastic, chipped foam filling which provides both support and pressure relief. This filling can be added or removed to adjust the volume of the cushion, tailoring the support to the user's needs.

- The cushions are supplied as standard with a wipeable outer cover which is ideal for clinical settings and for protection of the inner components from incontinence.

Cover Options

- **Coolover** – Coolover covers provide an additional outer layer which is actively cooling, whilst being highly breathable and providing exceptional moisture wicking capabilities due to its innovative material design.

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.

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.

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.

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



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



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.

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



Item	Dimensions	Code	Coolover cover only	Component
Base Unit, wipe-down cover with Airmantle inner, portable carry pouch with zip closure		7001-1000-PMO		
Velcro sheet with dome connectors		7001-2000-PMO		
Coolover oversheet		7001-3000-CVR		
Elliptical head pillow with Coolover cover		7001-4000-CVR	7001-4001-CVR	
Segmented 5 section pillow, with spacer fabric cover	400 x 450 x 60mm	7001-4100-S10	7001-4100-CVR	
Lateral wedge with spacer fabric cover	100 x 130 x 70mm	7001-4201-S10	7001-4201-CVR	
Small roll cushion, solid foam filling with spacer fabric cover		7001-4203-S10	7001-4203-CVR	
Long roll solid foam filling, with spacer fabric cover	800 x 60mm	7001-4208-S10	7001-4208-CVR	
Small horseshoe pillow, crumbed foam filling, with spacer fabric cover	370 x 280mm	7001-4301-S10	7001-4301-CVR	
Small roll cushion, crumbed foam filling with spacer fabric cover		7001-4350-S10	7001-4350-CVR	
Knee cosy with solid foam filling, with spacer fabric cover	300 x 60 x 80mm	7001-4405-S10	7001-4405-CVR	
Securing strap	1500mm long	7001-9000-000		
Securing strap	2000mm long	7001-9010-000		

Symmetrisleep

My son, Jason, is now nearly 24 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 and 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 counterproductive. 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.

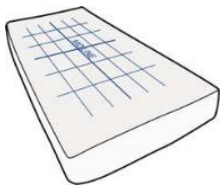
Sandy (Jason's Mum)



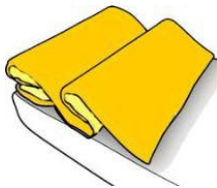
Postures in which the body can be damaged by being left unsupported. Whilst in these postures some of the joints may be stressed.

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

- Symmetrisleep is the pioneer of sleep systems, constructed from a comfort aspect with postural support aids incorporated.
- Very comfortable supports.
- Helps manage thermal comfort.
- Thermo-sensitive foam padding. Chip-foam pillow filling means the pillows can be moulded, reduced or added.
- Large choice of accessories to suit a wide range of needs.
- Highly adaptable - use little or lots!



1. Strap Velcro sheet to mattress



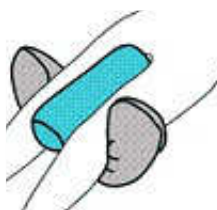
2. Use the air mantle if desired



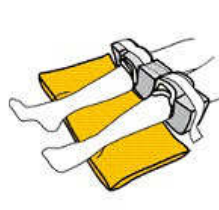
3. Add the stretch Coolover®



4. Add support brackets or bamboo cover



5. Add positioning pillows



6. Add knee block options if required



A look at some of the comfortable supports with the Coolover Sheet removed.



This shows a typical Symmetrisleep set up without the Coolover Sheet. A standard sheet and/or duvet can be used over the user.



This shows a typical Symmetrisleep set up with Coolover sheet.



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.

- Stretchy velcro-like fitted sheet made to suit common mattress sizes.
- Unique gridlines allow accurate positioning of supports and brackets.
- The Receptor Sheet is stretchy so it can even be used on alternating pressure mattresses.



	Cot	Single	Single King	Double
Code	7010-8005-CTO	7010-8005-SNO	7010-8005-KSO	7010-8005-D00
Width	750mm	1000mm	1060mm	1500mm
Length	1000mm	1900mm	2050mm	2050mm

- 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.
- Comes with Coolover top layer for improved temperature stabilisation. Waterproof base layer to trap any spills.
- Machine washable.



	Single
Code	7014-8010-S00
Length	1900mm
Width	1000mm
Depth	20mm

- 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°C.
- Coolover Flat sheet is now available.



	Code	W	L
Cot	7015-7120-C00	630mm	1320mm
Single	7015-7120-S00	1060mm	1900mm
Single King	7015-7120-SK0	1060mm	2100mm
Double/Queen	7015-7120-D00	1500mm	2150mm
Flat Sheet	7015-7120-SFS	2100mm	3200mm

- Extend the thermal regulation with cushion covers with Coolover for all the Lowzone cushions.
- Coolover covers have excellent air permeability so the severity of respiratory distress is reduced. Inherent free-draining characteristics allow fluids which may otherwise cause redness/rashes to drain away from the skin.

	Cover Code
A: Square	7016-7500-CVR
C: Med Oblong	7016-7580-CVR
D: Lge Oblong	7016-7610-CVR
E-S: Sml Horseshoe	7016-7720-CVR
E-M: Med Horseshoe	7016-7710-CVR
E-L: Lge Horseshoe	7016-7700-CVR
F: Sml Roll	7016-7800-CVR
G: Med Roll	7016-7850-CVR
G+: Med Roll Extended	7016-7860-CVR



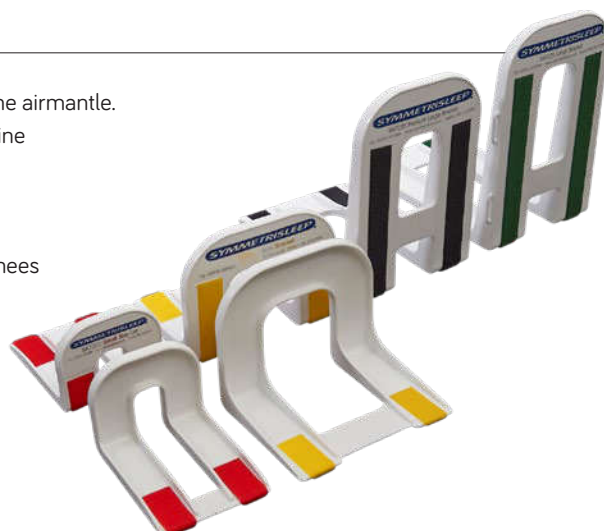
- A range of shapes and sizes to choose from, filled with visco-elastic, pressure-relieving foam.
- Zip access allows filling to be removed or added, to suit client requirements. Coolover covers are available for all Lowzone cushions (see specifics above).
- To add a Coolover cover to any Lowzone cushion, replace the last three digits of the code with -CVR.



	Code	W	L
A: Square	7016-7500-001	300mm	300mm
C: Med Oblong	7016-7580-001	300mm	450mm
D: Lge Oblong	7016-7610-001	450mm	750mm
E-S: Sml Horseshoe	7016-7720-001	250mm	370mm
E-M: Med Horseshoe	7016-7710-001	3050mm	650mm
E-L: Lge Horseshoe	7016-7700-001	350mm	800mm
F: Sml Roll	7016-7800-001	80mm	300mm
G: Med Roll	7016-7850-001	130mm	400mm
G+: Med Roll Extended	7016-7860-001	130mm	600mm

- 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: Used to support the back and bottom in side-lying. Prevent the knees falling outwards or to one side (wind-sweeping) in supine lying.
- Coolover Bracket Pads should always be used when using the brackets.

	Small	Medium	Large	X-Large
Code	7011-7240-00B	7011-7241-00B	7011-7242-00B	7011-7230-001
Colour	Red	Yellow	Blue	Green
Width	100mm	160mm	150mm	150mm
Height	80mm	130mm	250mm	280mm
Length	130mm	130mm	250mm	250mm



- For extra softness or to protect the Coolover sheet from Velcro abrasion.
- Use where you only have the Velcro Receptor and brackets without the Airmantle.
- Coolover features a 3D 'spacer' knit and variable denier weave, allowing air to move more freely. This keeps the user cooler, (as sweat can evaporate more easily), and drier (as moisture is drawn away from the skin).

	Small	Medium	Large	X-Large
Code	7012-7165-001	7012-7175-001	7012-7185-001	7012-7195-001
Length	130mm	130mm	250mm	250mm
Width	100mm	160mm	150mm	150mm
Height	80mm	130mm	250mm	280mm



- Soft knee block which can be used above or below the knee.
- Option of CoolOver liners (10mm thickness) for when temperature regulation is an issue or for increased pressure relief.
- Can be used in conjunction with the Symmsslyde or when turning.

	Small	Medium	Large
Code	7013-7562-000	7013-7563-000	7013-7564-001
Width	100mm	210mm	300mm
Length	180mm	200mm	260mm
Coolover Liners	7013-7411-CVR	7013-7412-CVR	7013-7413-CVR

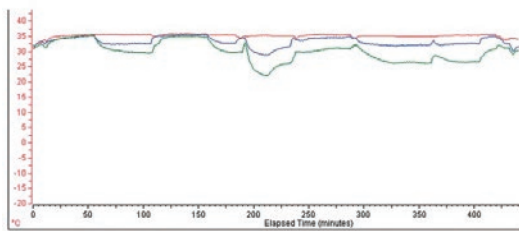


- The rolling knee block is used as the Knee Brace, but for use in conjunction with the Symmslyde system or when turning.
- Removable 5mm thick Coolover fabric liners available to add.

	Small	Medium	Large
Code	7013-7552-000	7013-7553-000	7013-7554-000
Width	360mm	400mm	600mm
Height	100mm	200mm	250mm
Coolover Liners	7013-7411-CVR	7013-7412-CVR	7013-7413-CVR



During the night, we regularly rearrange our bedding 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 the temperature of the 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 the 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.



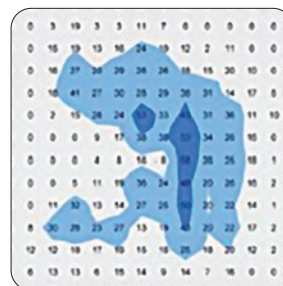
- Heat-seeking and avoidance

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.

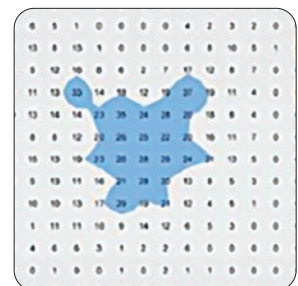
Opposite are typical results - without the Airmantle the results are good, with an average pressure when the appropriate cells are deflated of just under 10mm Hg with a peak pressure of 58mm Hg. With a Lowzone overmattress in place, the peak was reduced to 27mm Hg and the average to 6mm Hg.

With an Airmantle in place, we see even better results. See medifab.com/product/symmetrisleep-air-mantle-for-bed/ 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.*



- Without Overmattress



- With Overmattress

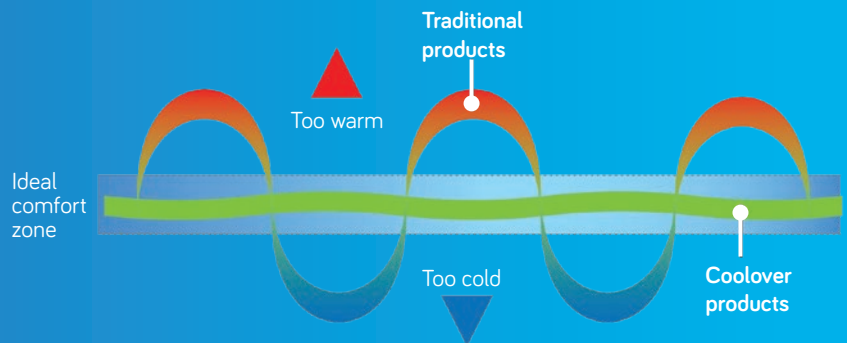
[1] Brightwater Care Group Inc., for Health Workforce Australia "Developing and testing the adaptability and utilisation of care workers as part of an Interdisciplinary Workforce Model of Practice. Samantha Neylon. Undated.

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°C and 33.6°C – 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 temperature 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 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.

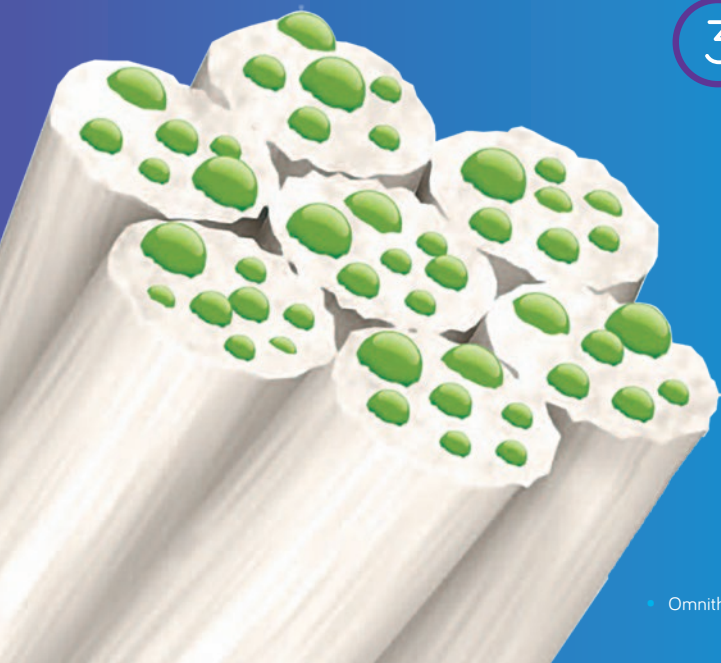
3

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 Brackets on Velcro Sheet with Airmantle, Coolover Sheet and Lowzone Cushions (Small Horseshoe, Large Oblong, Medium Roll)



Symmetrisleep Brackets on Velcro Sheet with Airmantle, Coolover Sheet and Lowzone Cushions (Large Oblong, Medium Monoblock Supine, Medium Oblong)



Symmetrisleep Brackets on Velcro Sheet with Airmantle, Coolover Sheet and Lowzone Cushions (Medium Oblong, Extended Horseshoe, Medium Roll)



Symmetrisleep Brackets on Velcro Sheet with Airmantle, Coolover Sheet and Lowzone Cushions (Medium Oblong, Medium Monoblock Rolling)



Symmetrisleep Brackets on Velcro Sheet with Airmantle, Coolover Sheet and Lowzone Cushions (Medium Horseshoe, Small Horseshoe, Medium Monoblock Rolling, Small Roll)



Symmetrisleep Brackets on Velcro Sheet with Airmantle, Coolover Sheet and Lowzone Cushions (Medium Roll, Square Cushion, Medium Roll Extended)



Symmetrisleep Velcro Sheet with Airmantle, Coolover Sheet and Lowzone Cushions (Medium Roll , Square Cushion, Medium Roll Extended, Medium Horseshoe)



Symmetrisleep Velcro Sheet with Airmantle, Coolover Sheet and Lowzone Cushions (Medium Horseshoe, Medium Roll Extended, Small Horseshoe, Medium Oblong)



Symmetrisleep Brackets on Velcro Sheet with Airmantle, Wipedown side up. Lowzone Cushions (Small Horseshoe, Large Horseshoe, Medium Roll)

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