



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

This guide illustrates how you might set up your own system. Please be aware that these are only suggestions and 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.

The 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.

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 Overmante, 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, that's over 700 hours a year of good positioning!

Safety Issues to consider:

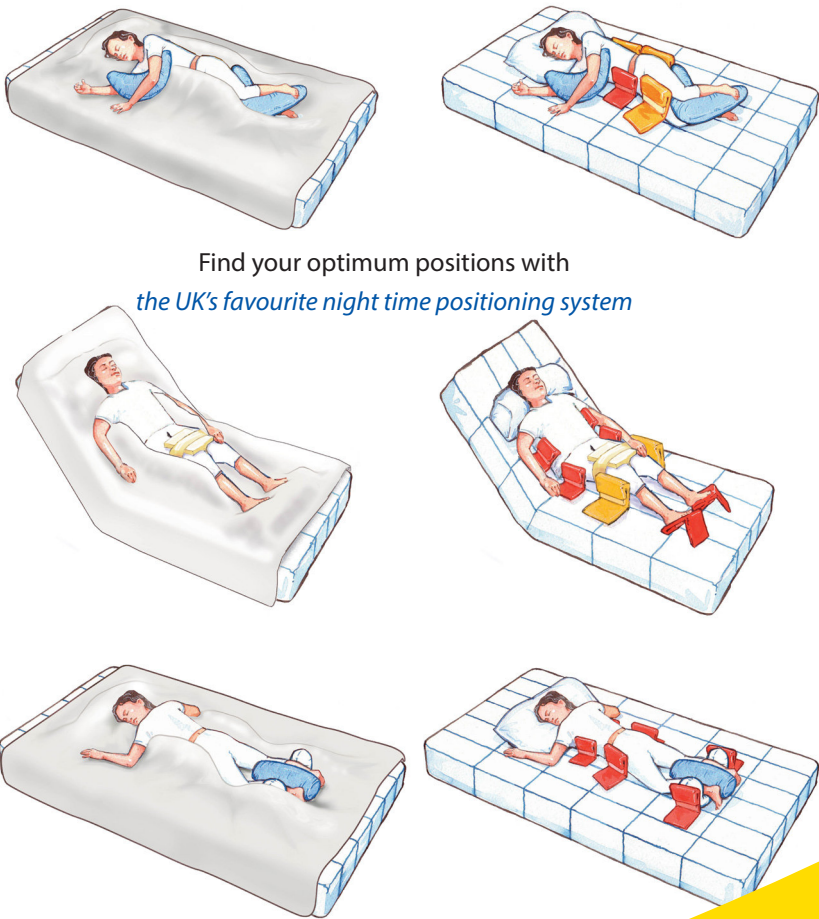
- Breathing?Swallowing?Pain?
- Temperature?Pressure?

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.symmetrikit.com/symmetrisleep

Washing Instructions

DESCRIPTION	WASHING INSTRUCTIONS
VELCRO® SHEET Pull cord or Velcro fastenings	MACHINE WASH AT 70°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. VELCRO® STRIPS CAN BE REPLACED.
BRACKET PADS (PU)	WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS.
CoolOverTR3 BRACKET PADS	MACHINE WASH AT 40°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON.
MODULAR KNEE BLOCK	PU COVER - WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. COOLOVER TR3 INSERTS - MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY.
SIDE LYING LEG SUPPORT	WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS.
AIRMANTLE Coolover with PU reverse	COOLOVER TR3 COVER - MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. DO NOT TUMBLE DRY. PU SIDE OF THE PRODUCT - WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT OR 60° WASH. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. DO NOT IRON. INNER CORE - WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT OR 40°C WASH. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. DO NOT IRON.
AIRMANTLE Welded	OUTER COVER - WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT OR 60°C WASH. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. DO NOT IRON. INNER CORE - WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT OR 40°C WASH. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. 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 SHEET	MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON OR DRY CLEAN.
CUSHIONS Sewn or welded	PU COVER - WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. DO NOT TUMBLE DRY. HANG DRY. DO NOT IRON. COOLOVER TR3 COVER - MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON OR DRY CLEAN.



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

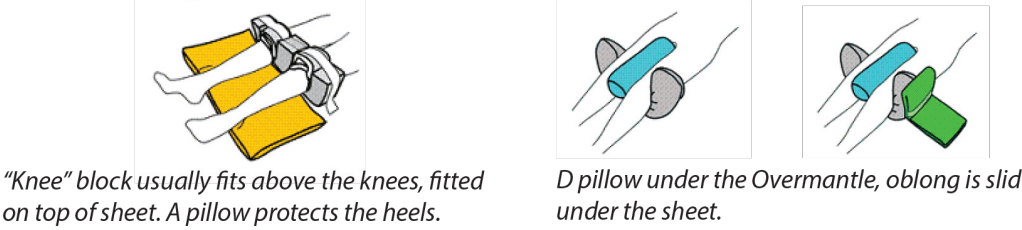


Supine lying - typical setups

Brackets and accessory sizes vary between assessments.



Support the thighs and knees, here are some options:



Finally the head and shoulders:



Lift the Overmantle to fit the brackets (with pads if required). Brackets should be snug but not too tight:



You may need to support the feet:

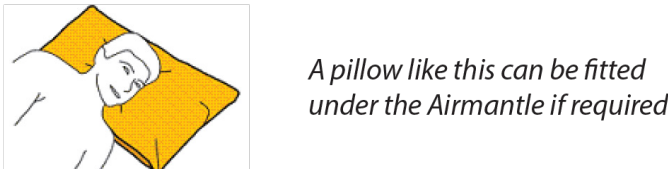


Side lying - typical setups

Brackets and accessory sizes vary between assessments.



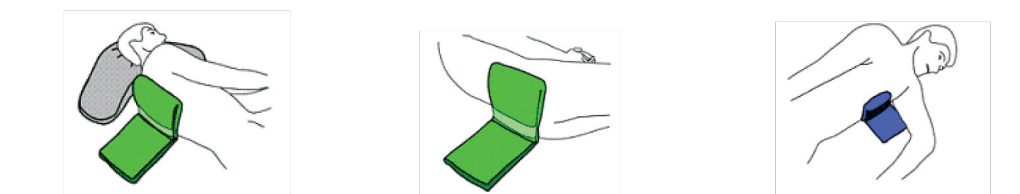
Support the head. A bracket can be added behind the pillow.



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



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

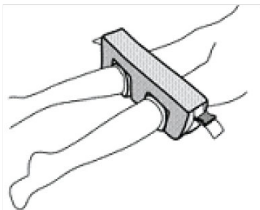


Prone lying - typical setups

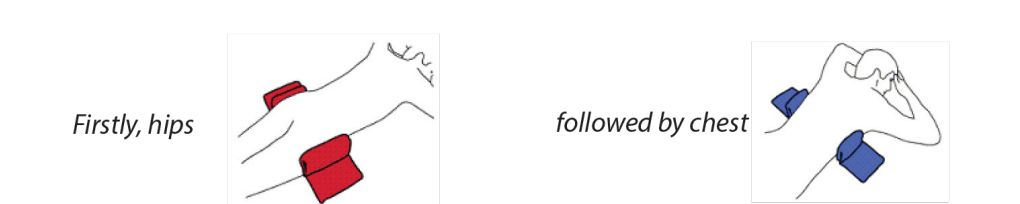
Brackets and accessory sizes vary between assessments.



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



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



Feet: The pillow goes between the Velcro® and top sheet.

