



POSTURAL CARE WITH SYMMETRISLEEP



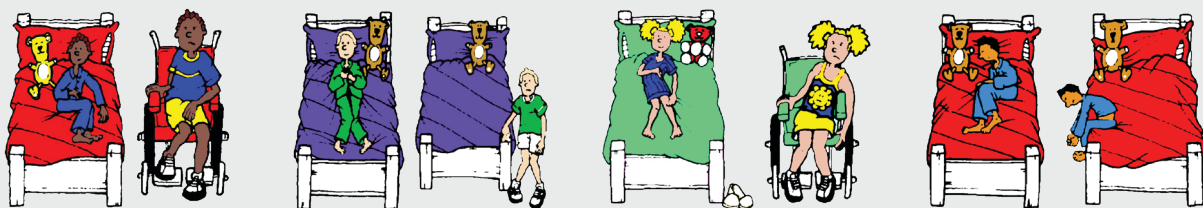
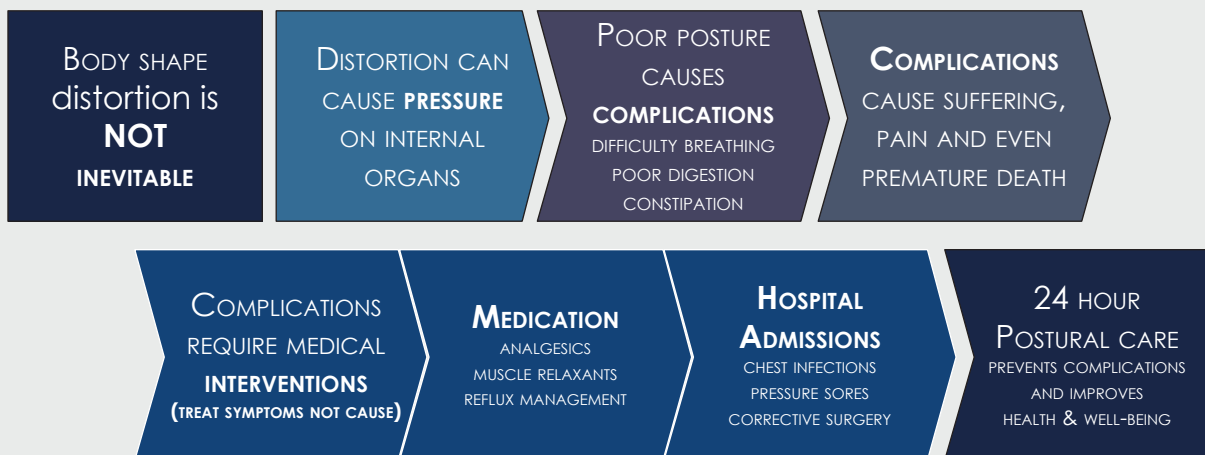
Symmetrisleep



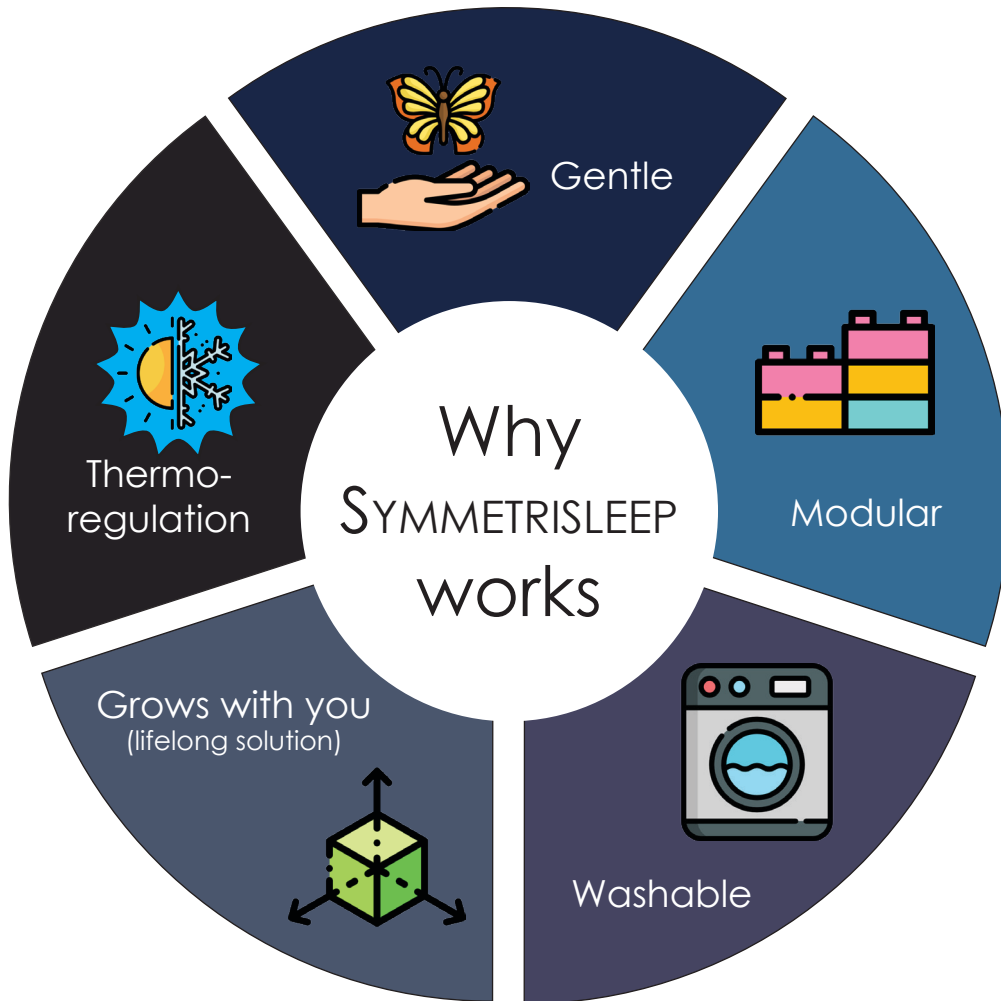
Body Shape distortion is not inevitable. There seems to be a general perception, however that people with limited movement are destined to eventually succumb to postural distortion and that complications and discomfort are just an unavoidable part of living with disability.

The good news is that in reality it is never too late to address postural care and that a multitude of issues can be improved or reversed as a result of a proper, continuous postural care plan.

Obviously, the sooner intervention is implemented, the better the outcomes and the more complications can be prevented or considerably improved upon. Symmetrisleep's modular sleep system includes a specialised early years positioning system for 0 - 3 year olds called "Primo" which can be used during the day for supported play and therapy as well as at night during sleep.




Body shape in lying translates into body shape sitting - **24 hour Postural Care** protects body shape




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Gentle




Symmetrisleep can be introduced slowly. As individuals get used to their improved position, they can spend progressively longer periods lying straighter until they are happy to get through a whole night.

Modular




As the individual's sleep position improves, they may require less support and the components used can be reduced. They can be re-used and reconfigured as necessary.

Washable




The components used are all easily washable. The waterproof surfaces are easy to wipe clean and disinfect. The covers and linens are all conveniently machine washable.

Grows with you (lifelong solution)




Because the system is modular, it is really easy to adjust and reconfigure. Most components are placed each night and so intuitively the system is optimised to the individual at all times.

Thermoregulation



If you aren't able to regulate your temperature while sleeping by changing position or adjusting your covers, you will not have a fitful sleep. This can impact negatively on your quality of life. The Coolover fabric and airmantle overcome this issue.

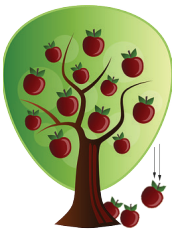


Problem

Gravity | Immobility

Gravity works constantly on our bodies. If you can't **change position** regularly, it will eventually cause flattening of the body shape.

Preferred positions, dictated by contractures, sensory impairments, etc. become habitual as the body shape accommodates the posture until eventually even the skeletal structure changes and the distortion results in those positions becoming obligatory as the person has no choice when unsupported.



Fear | Ignorance

Some people have a sleep system but are too **afraid** to use it, thinking that it causes pain and discomfort. They don't seem to realise that gradually implementing it fully can take months.

If you've never been able to touch your toes, you wouldn't expect to wake up one morning and suddenly be able to reach them!

Therapy services are often overlooked or have funding cut. This **ignorance** allows problems to develop that subsequently require more expensive treatments, yet could easily be prevented.



Solution

Protect body shape 24/7

Most people recognise the importance of daytime postural care but few recognise that this can be **negated** by lying for 8-12 hours in an unsupported destructive asymmetrical posture.

Night postural care has the added benefit of being able to **harness gravity** more effectively and act on muscles tone that is naturally more **relaxed** at rest.



Pick the option that works or you

<p>Accommodation Support posture in available range</p>	<p>Pick best time of day</p> <p>Start with small changes</p>
<p>Therapeutic positioning Correction learning to lie straight</p>	
<p>Able to lie straight Maintain new improved position less equipment</p>	

Even 2 hours is beneficial
2 hours x 365 days
= 730 hours = **30 days**

Benefits

Better Sleep
(less waking with pain or thermoregulation issues)

Better nights mean better days
(less stiff - easier care)

Flexible
(Use as much or as little as can tolerate)

Family friendly

Portable

Body relaxed - more pliable - reduced tone

Improved shape and range

Passive stretch therapy



“**P**ostural care has improved his health and wellbeing. The cost savings are also clear as it has meant a reduction of recurrent pressure sores, better reflux management, reduced chest infections and reduced pain, meaning there is less need for medication and hospital admissions. He has also needed less staff input for his behaviour, which had become challenging due to the pain he was in. The need for spinal surgery, which can be very expensive, has been reduced too.”

- Health professional discussing 40 year old using night-time positioning