

# **Appendix**



Incorporating  
**ACTIVE**  
Temperature  
Regulation

# **SYMMETRISLEEP**<sup>®</sup>

*For better nights - and better days!*



## **SYMMETRIKIT** POSTURAL CARE

# Long term therapy every night of the year

Symmetrisleep is the World's most popular in-bed sleep system; it provides dynamic support throughout the night, when the body is most relaxed and susceptible to change. It is a proven system widely used to protect and improve body shape as well as function. For many it provides relaxation, a better nights sleep and easier care.

## Symmetrisleep® works

- In prone, supine, side or semi-side lying.
- On a bed, a cot or in a double bed alongside a parent.
- With profiling beds or with pressure relieving mattresses (passive or active).

## Symmetrisleep® is

- Easy to clean and its one piece overmattile protects the mattress below from spillage.
- Highly portable and easy to install, adjust or remove.
- Fire retardant There are systems for both domestic (ignition source 1,2) and institutional use (ignition source 5).



# What does Symmetrisleep® do?

Symmetrisleep enables people with movement problems to learn to lie straight. Therapists are finding that it can prevent distortion of body shape or even correct established problems when used as part of a 24 hour Postural Care Programme.

The system allows a gentle progressive approach to complex problems. Elements can be introduced gradually during the day and night as tolerance builds. Symmetrisleep is the first and only system that has been designed to provide the bio-mechanical rotational forces to improve chest shape where the necessary forces can be gently applied to counteract rotation.

Adjustable, comfortable support for those who cannot move easily; family members and carers may be disturbed less frequently.

Improved comfort; reduces abnormality of tone during the night for easier nights and better mornings.

Helps to maintain body symmetry and protects joints from the destructive effects of gravity.

Infinitely adjustable for position, shape or age.

Easy to fit. Easy to change between positions.

Our own 'Engineered' fabrics reduce joint pressures, reduce skin humidity and provide active temperature regulation.

**Symmetrisleep® is widely accepted because:**

- Therapists know it works.
- Families love it – it's easy to use.
- Families and therapists recognise that it is a humane system, not a contraption.
- It can be used at any age, in any position, in any bed.
- Symmetrisleep will continue to work as a client grows or changes; although some parts may need changing over time, the system itself will never become redundant.
- Symmetrikit has over 20 years of experience with these systems. We work hard to pass this knowledge on to families and therapists through our highly regarded training.
- It actively regulates temperature.
- Our sales team are highly trained and provide high levels of after sales service and support.

**DON'T JUST TAKE OUR WORD FOR IT...**

"Muscle Relaxants- we have not used these for a long time since we started using the dynamic orthoses (Symmetrisleep)"

"If a demand comes in for pain medication, we first look if the lying orthosis (Symmetrisleep) can change and solve the problem."

"The pain medication is significantly lower since we used the dynamic orthosis."



Coleen unsupported



Supported by Symmetrisleep system



Coleen has learnt to lie straighter needing less equipment to support her



With thanks to Coleen's family

# Any mattress, any position Even sitting up!



With the Velcro sheet, pressure relieving Airmantle and stretchy sheet in place, the system is ready and the bed has a flat surface for easy transfer.

When the user is ready, the brackets and pillows that provide support are fitted. The system is quickly built up to support the client rather than having to fit the client to an existing form: carers find that it only takes a moment to get this right and fine adjustments can be made instantly.

Fitting the brackets is easy & intuitive with no fiddling about. Some carers prefer to fit them when the user

has fallen asleep. Experience shows that even when away from home, staff quickly take instruction from parents on how to use the system successfully.

Remember- you can use Symmetrisleep by day as well as at night. If only used for 2 hours daily, that's 730 hours of progressive passive therapy per year. If used for the whole night, that's about 3000 hours at a time when the body is relaxed & most receptive.



**What's underneath?** Systems shown without Overmantle and top sheet.



For further details and instructions visit our micro site [www.position2relax.com](http://www.position2relax.com).

SYMMETRISLEEP

## Symmetrisleep wall charts

Custom settings charts help carers get it right

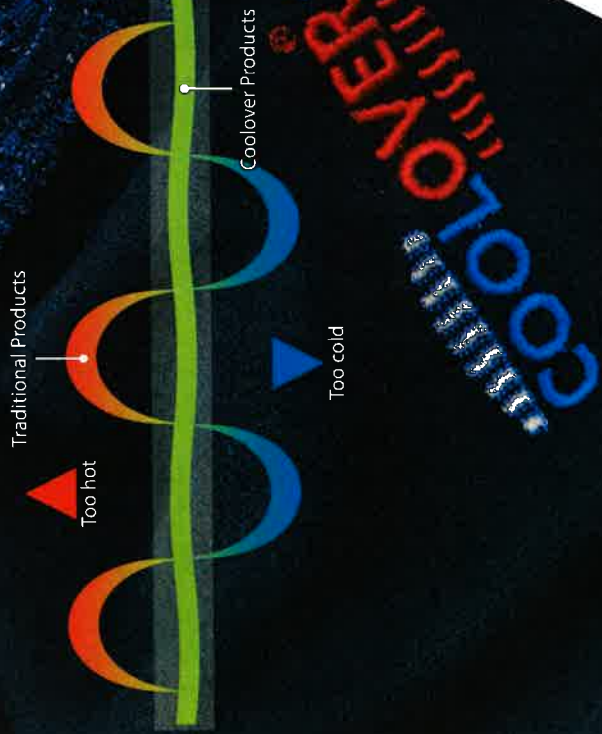
Choose a position and add the components as required. Brackets are colour coded and pillows have identification letters.



# Symmetrisleep and ACTIVE temperature management



Omnitherm® Thermal Comfort



**COOLOVER TR3**  
with Omnitherm

SYMMETRISLEEP



## CoolOver TR3® and thermal comfort.

CoolOver TR3 temperature regulating fabric contains tiny Omnitherm® microcapsules that absorb heat when your temperature rises and gives it back when your temperature falls, helping to maintain a more even temperature for a better nights sleep. Supersoft Coolover TR3 is unique to Symmetrikit and The Helping Hand Company: we have engineered this latest generation of active temperature regulating fabric to offer increased cooling capacity, enhanced microclimate management, higher wash temperature and easier drying.

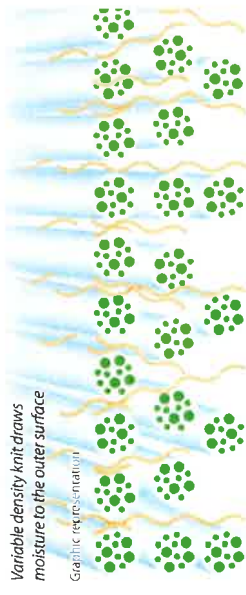
**Pressure sore prevention clinical guidelines: 2014 International Pressure Sore advisory guidelines** recommend that consideration be given to the colour, moisture and temperature when selecting a softwear surface and covers.

## CoolOver TR3® and microclimate.

Knitting our hydrophobic yarn with a progressively dense knit from inside to out helps to drive moisture away from the skin and disperse it across the outer surface of the fabric. This superior wicking keeps the skin drier while enhancing evaporative cooling of the fabric so cooling the Omnitherm Microcapsules which in turn can absorb more body heat.

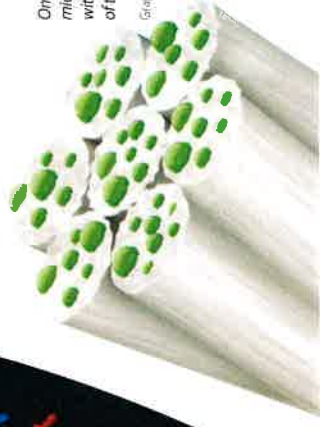
## CoolOver TR3® on your pillow.

Not only is Coolover available for sheets and covers, it is now used as the standard liner in our soft knee blocks and the facing of our bracket pads as well as in our Airmantle.



Variable density knit draws moisture to the outer surface

Omnitherm microcapsules within the threads of the fabric



National Pressure Advisory Panel, European Pressure Advisory Panel And Pan-Pacific Pressure Injury Alliance. Prevention and Treatment of Pressure Ulcers Clinical Practice Guideline. Emily Haesler (Ed). Cambridge Medica Osborne Park, Western Australia, 2014.

# AIRMANTLE

with SUBMITTIBLE

**COOLOVER<sup>TR3</sup>**

Symmetrisleep Airmantle moulds to support the body for maximum protection and a good night's sleep. **It offers a temperature regulating alternative to hollow fibre wadding or foams which can have exactly the opposite effect.**

## Temperature regulation and microclimate management.

During the night, we regularly rearrange our bedclothes 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 temperature and improve microclimate.

Unlike foams, Airmantiles can be easily washed and dried.

Use it 'Coolover' side up for temperature regulation and better air movement; the base is waterproof, so the mattress beneath is protected. If heavy spillage is likely, use it with the waterproof side uppermost underneath a separate Coolover sheet. Airmantiles are also available with a completely wipe-able, waterproof cover and waterproof welded seams.

## SAFETY SLEEP PILLOWS

If you don't want to position a head or neck pillow under the Airmantle, but still want the free movement of air, Safesleep pillows have their own Airmantle type cover. These also provide drainage, protecting the skin from any pooling of saliva.



# Symmetrisleep and Tissue Viability

**SYMMETRISLEEP**

Symmetrisleep works by spreading the load over a greater surface area and reducing point pressures. Users frequently enjoy a restorative and comfortable night's sleep, which helps reduce low back and neck aches, as the feet and elbows



Without overmattress



With overmattress

helps reduce the risk of pressure sores and other skin conditions.

**Pressure relief:** This is the opposite of the effect of a mattress. A mattress is designed to support the body, but it also exerts pressure on the user. The pressure is distributed over the surface of the mattress, but it is concentrated on the points of contact. The pressure is concentrated on the points of contact, but it is distributed over the surface of the mattress. The pressure is concentrated on the points of contact, but it is distributed over the surface of the mattress. The pressure is concentrated on the points of contact, but it is distributed over the surface of the mattress.

**Pressure sore prevention clinical guidelines:** The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg.

**Turning:** The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg.

**Shear & Friction:** These forces are responsible for skin damage. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg.

**Microclimate & Temperature:** The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg.

**Off-loading & Turning:** The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg.

**Shear Direction:** The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg.

**Shear Block:** The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg. The pressure on the skin should be kept below 32 mmHg.





# Symmetrisleep & Infection Control

The NEW Symmetrisleep 'wipedown' option meets all NHS Infection Control Guidelines. Designed for easy cleaning when used on a ward or rehabilitation unit, welded PU cushions, pads and overmantles prevent any fluid ingress. Covers, sheets and velcro can all be laundered at 75°C - HIGHER THAN NHS Standard Infection Control recommendations and can also be tumble dried on a low heat.

- **Complies with BS7175 COMBINATION**  
Fire regulations, ignition sources 0,1 and 5.
- **Welded seam wipe-down bracket pads, cushions and Airmantle.**
- **New glue-free double-sided locking strips** can be easily replaced allowing for quick & easy disinfection



**DON'T JUST TAKE OUR WORD FOR IT...**

"M no longer woke frequently during the night and did not moan and groan in discomfort in the early morning."

"M was sleeping well and had to be woken by staff to get up. He was much more alert and happier during the day and staff reported that he was less stiff and thus transfers were much easier."

"The degree of flexion in his hips and knees was reduced. He was sleeping well and was much more relaxed during the day. Accompanying changes had taken place with his seating insert as he was now able to weight bear symmetrically and required a less complex seating cushion. Staff found it much easier to perform personal care and transfers."



**Steriflouch**

All of our fabrics now have Steriflouch antimicrobial protection to keep your system fresher

SYMMETRISLEEP

**SYMMSLYDE**

**The ONLY slide sheet  
and positioning system  
that WORKS as ONE**



SYMMETRISLEEP

**Slides, turns and maintains position**

**Symmslyde® makes it easy for a single carer to both achieve and maintain a comfortable supported position.**

Sustained side lying, supine, prone or semi-side lying positions are all possible so reducing the need to constantly re-position. It can even be used by those who need to sit up in bed.

This combined approach really does lighten the load and reduces the effort needed to position your client.

## Slide

Either a single carer working with a hoist or with a carer at either side. Start by using the built-in slide sheet to move across.

## ...Roll

Raising the hoist or using the built-in straps to do a "log roll" allows the Symmetrisleep® supporting brackets to be put in place. The slide sheet is automatically disabled.

## ...Position

Further Symmetrisleep® elements can be quickly added so that your client can be comfortably and securely supported in side lying either for sleep or super efficient hygiene changes. Moving back into semi side lying or supine lying can easily be done by one carer without the hoist.



Check out the Symmslyde video

# Symmetrisleep starter packs

Offer more for less! Simple off the shelf systems meet the majority of needs at a budget friendly price. Early intervention, paediatric and adult systems are available with either temperature control or temperature regulation.



## Training and implementation for happy outcomes

We offer a free full assessment and implementation service to our users. We also provide free family workshops and a choice of two free College of OT approved postural care courses.

Continuity of care: For systems supplied while users are at their residential school, college or rehabilitation units, we also provide training on returning home.

**Money back guarantee:** If you are not completely happy in your Symmetrisleep system, we will offer a full refund<sup>2</sup>



College of  
Occupational  
Therapists



<sup>2</sup>We require that you have had an assessment from one of our team members and notify us within 2 weeks of installation. Other statutory rights still apply.



Symmetrisleep must only be used in accordance with an agreed prescription. Symmetrisleep complies with BS5852 (parts 1 & 2) ignition source 5 and Furniture and Furnishing (Fire) (Safety) Regulations 1988. Covers comply with BS7175 (section 3) ignition source 0, 1 and 5.

UK & foreign patents applied for and pending. Due to continuous development, we reserve the right to change specification without notice. E&O.E

**SYMMETRIKIT**  
POSTURAL CARE



The Helping Hand Company  
Bromyard Road, Ledbury  
Herefordshire HR8 1NS

**ORDERLINES**  
**Call: 01531 635388**  
**Fax: 01531 635059**  
e-mail: [sleep@symmetrikit.com](mailto:sleep@symmetrikit.com)  
[www.symmetrikit.com](http://www.symmetrikit.com)

©Symmetrikit 2015 - 23122015



