



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.



SA0003_6



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.

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, this is 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.

Description	Sizes	Cm.	Part Ref.
VELCRO RECEPTOR SHEET	COT	100 x 75	SA8000C
	3/4	160 x 80	SA8000T
	SINGLE	190 x 100	SA8000S
	DOUBLE		SA7000D
POSITIONING BRACKETS:	SMALL(PAIR)	10x13x8	SA7200
	MEDIUM(PAIR)	16x13x13	SA7220
	LARGE (EACH)	15x25x25	SA7225
	SMALL(PAIR)	17 x 15	SA7165P
POSITIONING BRACKET PADS with Coolover	MEDIUM(PAIR)	20 x 25	SA7175P
	LARGE(EACH)	25 x 28	SA7185P
	EX- LARGE(EACH)	25 x 35	SA7195P
SOFT KNEE BRACE with Coolover liners	1	300 W	SA7370
	2	360 W	SA7340
	3	400 W	SA7380
	4	560 W	SA7390
SIDE LYING LEG SUPPORT	SMALL	400Lx400	SA7445
	MEDIUM	630Lx645	SA7450
	LARGE	780L x 745	SA7455
LOWZONE OVERMANTLE	1	123x63x1.5	SA7020
	3	145X80X3	SA6960
	4	145x90x3	SA7040
	5	175X80X3	SA6970
	6	175X95X3	SA6990
	7	190X80X3	SA6980
	8	190x100x3	SA7060
AIRMANTLE C/W COOLOVER & pu BASE	COT	145 x 73	SA8060
	3/4	160 x 80	SA8020
	SINGLE	190 x 100	SA8010
BAMBOO FITTED SHEET	COT	132x63	SA7120CBAM
	3/4	160 X 80	SA7120TBAM
	SINGLE	200x105	SA7120SBAM
	DOUBLE	215x150	SA7120DBAM
COOLOVER FITTED SHEET	COT	132x63	SA7120C
	3/4	160 X 80	SA7120T
	SINGLE	200x105	SA7120S
	DOUBLE	215x150	SA7120D
LOWZONE CUSHIONS c/w IVORY VAPOUR PERMEABLE COVER	A-SQUARE	30x30	SA7500
	C-MEDIUM OBLONG	30x45	SA7580
	D-LARGE OBLONG	45x75	SA7610
	E-HORSESHOE	35x80	SA7700
	HORSESHOE - Size 1	25x37	SA7720
	HORSESHOE - Size 2	30.5x65	SA7710
	F-SMALL ROLL	8x30	SA7800
	G-MEDIUM ROLL	13x40	SA7850
	SIDE LYING BOLSTER	136x83x7.5	SA7900
BEAD CUSHIONS c/w BLUE VAPOUR PERMEABLE COVER	H-SQUARE	30x30	SA7501
	J-MEDIUM OBLONG	30x45	SA7581
	K-LARGE OBLONG	45x75	SA7611
	L-HORSESHOE	35x80	SA7701
	M-MEDIUM ROLL	13x40	SA7851
BAMBOO CUSHION COVERS	A-SQUARE	30x30	SA7500bam
	C-MEDIUM OBLONG	30x45	SA7580bam
	D-LARGE OBLONG	45x75	SA7610bam
	E-HORSESHOE	35x80	SA7700bam
	HORSESHOE - Size 1		SA7720bam
	HORSESHOE - Size 2		SA7710bam
	F-SMALL ROLL	8x30	SA7800bam
	G-MEDIUM ROLL	13x40	SA7850bam
COOLOVER CUSHION COVERS replace Safetysleep	A-SQUARE		SA7500CVR
	C-MEDIUM OBLONG		SA7580CVR
	D-LARGE OBLONG		SA7610CVR
	E-HORSESHOE		SA7700CVR
	HORSESHOE - Size 1		SA7720CVR
	HORSESHOE - Size 2		SA7710CVR
	F-SMALL ROLL		SA7800CVR
	G-MEDIUM ROLL		SA7850CVR
LOWZONE REPLACEMENT MATTRESS	SINGLE ADULT SPEC	200 x 90 x 10	LZ3550
Red Bag - OVERMANTLE etc.		1050 x 650 x 225mm	SA6910
Red Bag - SIDE LYING BOLSTER		850 x 650 x 175mm	SA6920
SYMMETRISLEEP WHEELED CARRY BAG			SA6900

SYMMETRISLEEP WASHING INSTRUCTIONS

DESCRIPTION	WASHING INSTRUCTIONS
VELCRO SHEET Full length fitted sheet with either pull cord adjustment or Velcro fastenings	MACHINE WASH AT 40°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.
CooloverTR3 BRACKET PADS	MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON.
SOFT KNEE BRACE	COOLOVER TR3 INSERTS - MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. PU COVER - WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS.
SIDE LYING LEG SUPPORT	WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS.
LOWZONE OVERMANTLE OR MATTRESSES All with PU covers	WIPE CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. MACHINE WASH AT 40°C OR LESS OR DRY CLEAN (SOME SURFACE WRINKLING MAY OCCUR - THIS HAS NO ADVERSE EFFECT ON THE FABRIC'S PROPERTIES). HANG DRY. DO NOT IRON.
AIRMANTLE Coolover Or Bamboo with PU reverse	COOLOVER TR3 COVER - MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. DO NOT TUMBLE DRY. BAMBOO COVER - MACHINE WASH AT 40°C OR LESS WITH MILD DETERGENTS. DO NOT TUMBLE DRY. PU SIDE OF THE PRODUCT - CAN ALSO BE WIPED CLEAN WITH A DAMP CLOTH AND MILD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. DO NOT IRON.
AIR SHEET	MACHINE WASH AT 40°C OR LESS WITH MILD DETERGENTS. DO NOT TUMBLE DRY. 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 OVERSHEET	MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON OR DRY CLEAN.
CUSHIONS	PU COVER - WIPE CLEAN WITH A DAMP CLOTH AND MLD DETERGENT. DO NOT USE BLEACH OR BIOLOGICAL CLEANERS. MACHINE WASH AT 40°C OR LESS OR DRY CLEAN (SOME SURFACE WRINKLING MAY OCCUR - THIS HAS NO ADVERSE EFFECT ON THE FABRIC'S PROPERTIES) DO NOT TUMBLE DRY. HANG DRY. DO NOT IRON. BAMBOO COVER - MACHINE WASH AT 40°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON OR BLEACH. COOLOVER TR3 COVER - MACHINE WASH AT 75°C OR LESS WITH MILD DETERGENTS. LOW TUMBLE DRY. DO NOT IRON OR DRY CLEAN.



Finally the head and shoulders

"Knee" block usually fits above the knees. Fitted on top of sheet. Pillow protects the heels.

See pillow under the Overmantle, oblong is slid under the sheet

Hips First
Then Chest

Now lift the Overmantle to fit the brackets (with pads if required)
Brackets should be snug but not too tight

Fit Velcro
Fit Overmantle or Airmantle
Fit Top Sheet (Coolover or Bamboo)

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

Now you may need to support the feet:

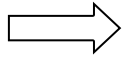
You can also just attach a pillow to the Velcro with a Velcro strap

Side lying– typical setups.

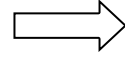
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Fit Velcro



Fit Overmantle
or Airmantle



Fit Top Sheet
(Coolover or Bamboo)

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



Fits on top of sheet



Fits on top of sheet



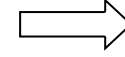
Cushion fits on top of sheet,
brackets on the Velcro

Prone lying– typical setups.

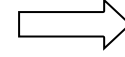
NB Colours are not representative. Brackets and accessory sizes vary between assessments.



Fit Velcro



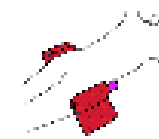
Fit Overmantle
or Airmantle



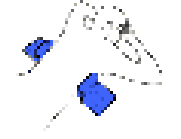
Fit Top Sheet
(Coolover or Bamboo)

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

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



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



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



A pillow like this can be fitted
under the Airmantle if required

Now the feet: The pillow goes between the Velcro and the topsheet.

