A Rough Guide to Lying Straight

Lying 'squint' can cause problems...
Our gentle approach helps children & adults to learn to lie straight, improving health and function during the day.

Lying straight helps you:

**Sit Straight**

**Stand Straight**

**Grow Straight**

The answer is SYMMETRISleep™
Support and control in lying

Lying with legs to one side...
...makes it hard to sit straight.

Lying with knees out to the side...
...makes it a problem to bend in the morning.

Lying with a bent back...
...makes it difficult to sit straight in the day.

Lying curled up at night...
...makes it hard to sit up during the day.

Lying with knees together...
...makes it hard to sit and stand.

www.helpinghand.co.uk