An adults’ guide to lying straight
Better nights for better days
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 all night with a bent back makes it difficult to sit straight in the day.
Lying with knees together makes it hard to sit and stand
Lying curled up at night makes it hard to sit up during the day.
Lying straight helps you:

Sit straight
Stand straight
Grow straight
Protection and improvement of bodyshape

It can’t get simpler than this!

Call: 01531 635388
www.symmetrikit.com
e-mail: sleep@symmetrikit.com

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

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