

Incorporating
ACTIVE
Temperature
Regulation

SYMMETRISLEEP®

For better nights - and better days!



SYMMETRIKIT
POSTURAL CARE

Symmetrikit is a division of The Helping Hand Company Ledbury Limited





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 overmantle 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).



With thanks to Coleen's family

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 point 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.
- Symmetrikits 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."

Any mattress, any position

Even sitting up!

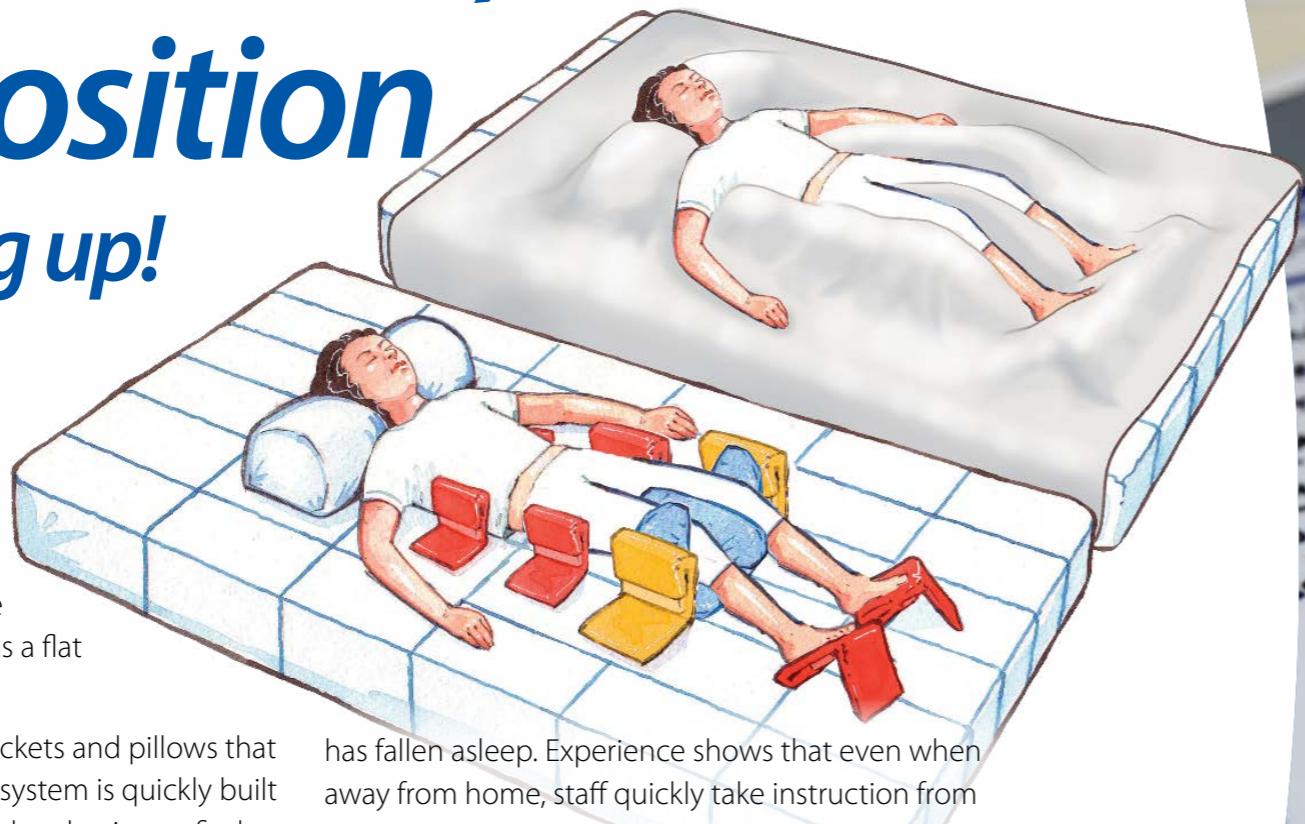
With the Velcro sheet, pressure relieving Airmantle and stretchy sheet in place, the system is ready and the bed has a flat surface for easy transfer.

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.

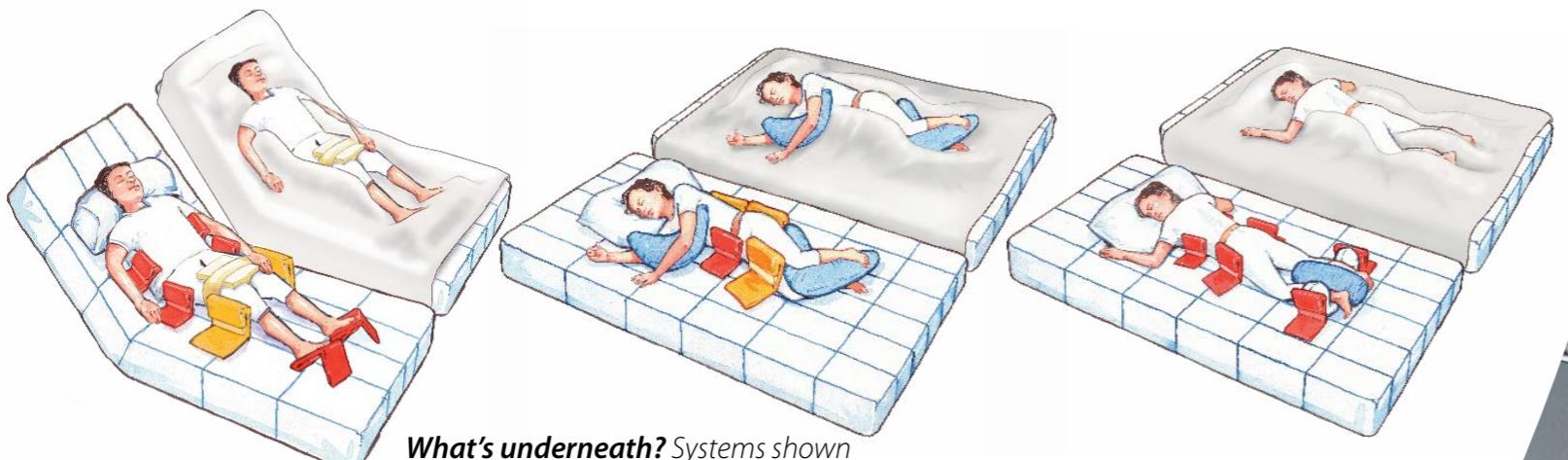
Fitting the brackets is easy & intuitive with no fiddling about. Some carers prefer to fit them when the user

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.



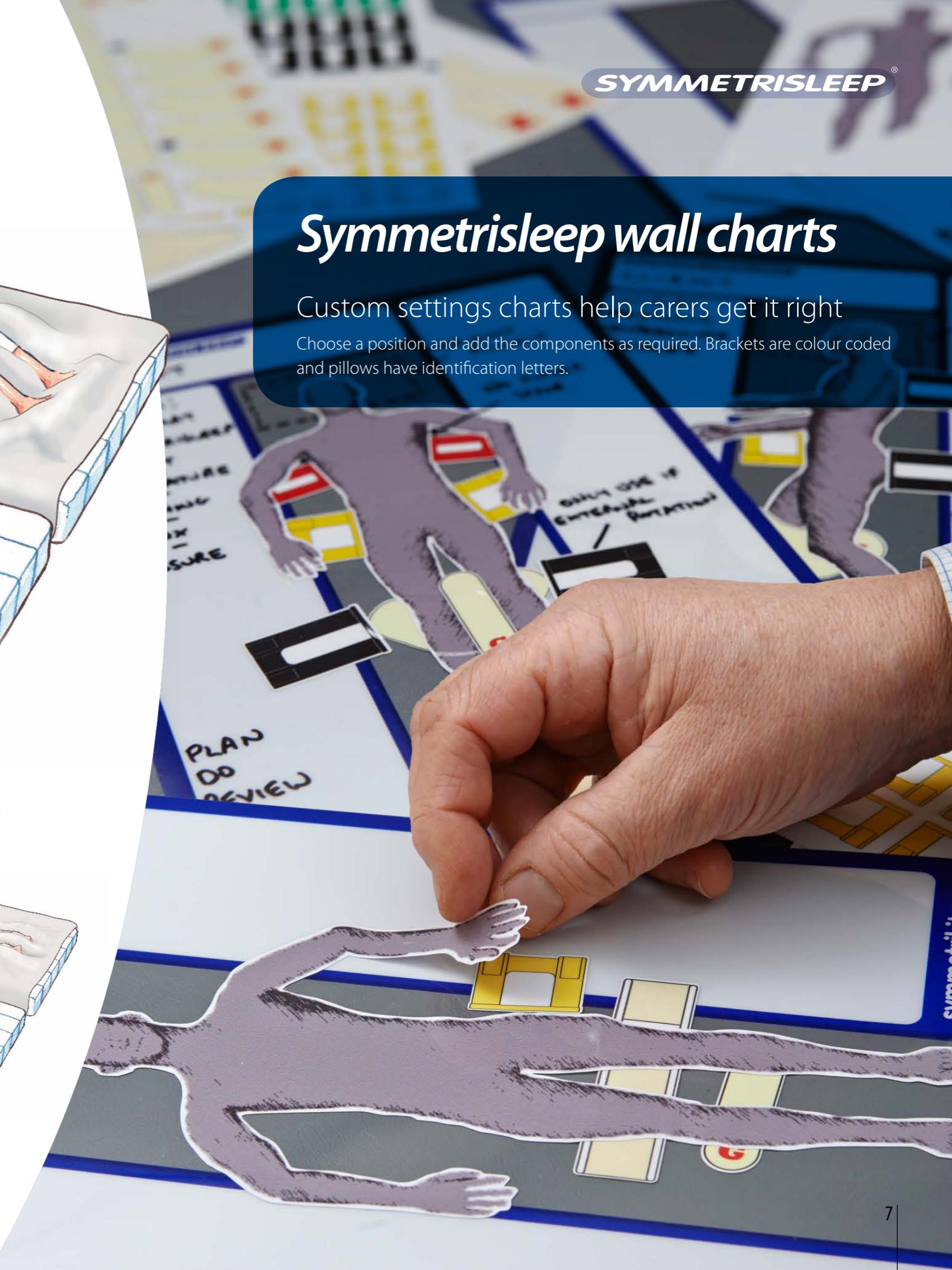
For further details and instructions visit our micro site www.position2relax.com.



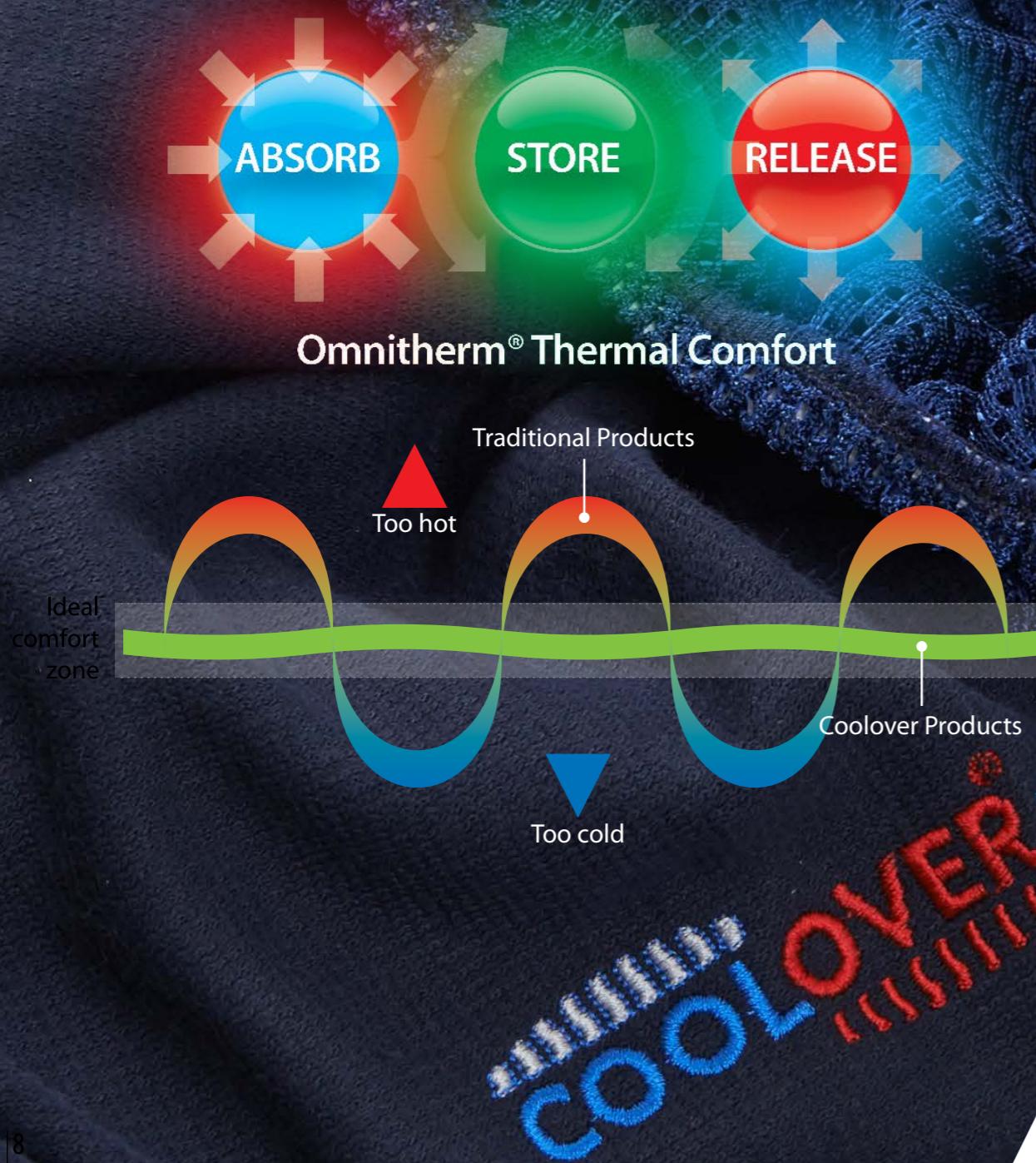
Symmetrisleep wall charts

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



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 night's 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 guidelines¹
Recommend that consideration be given to the control of moisture and temperature when selecting a support 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.



¹National 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 Media: Osborne Park, Western Australia; 2014.

AIRMANTEL® with COOLOVER™ TR³

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.

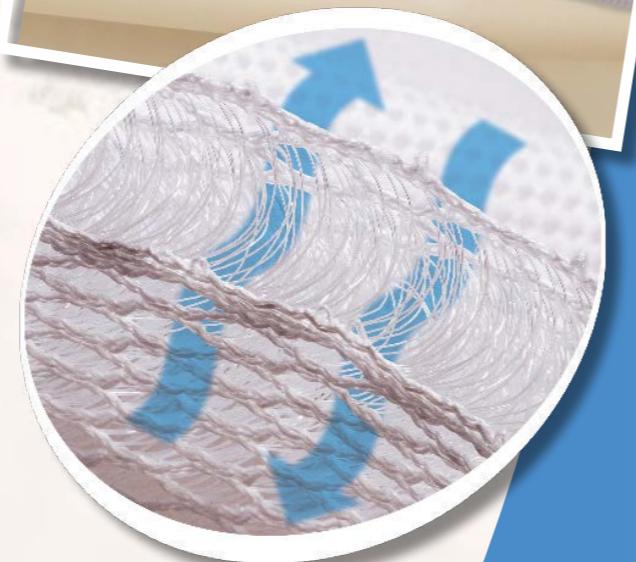
Unlike foams, Airmantles can be easily washed and dried.

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. Airmantles are also available with a completely wipe-able, waterproof cover and waterproof welded seams.



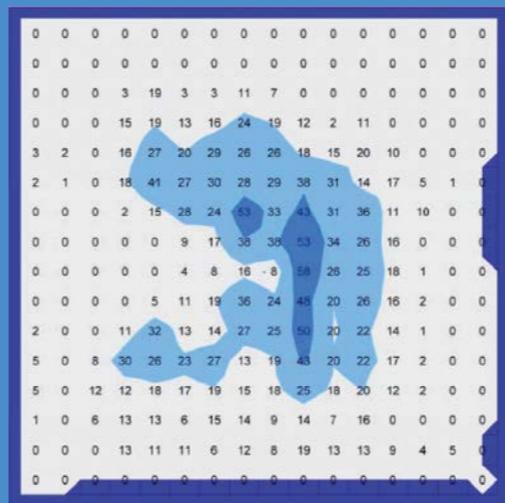
SAFETY SLEEP PILLOWS™

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

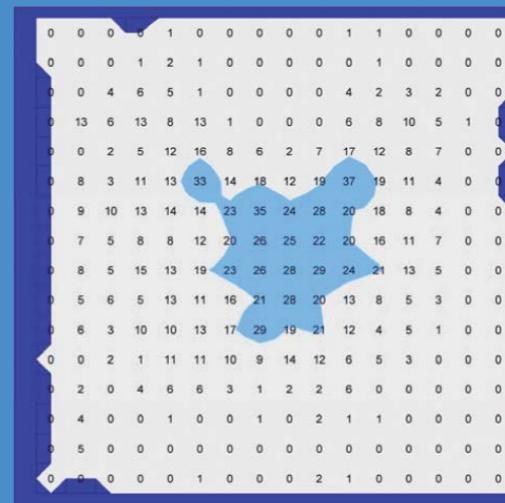


Symmetrisleep and Tissue Viability

Symmetrisleep works by spreading the load over a greater surface area and reducing point pressures. Users frequently enjoy a reduction of contracture which also help to reduce loading on areas such as the heel and elbows



Without overmantle



With overmantle

Pressure reading with FSA monitor under hips in supine. Decu 3 alternating mattress.

Pressure relief: these are typical results- Without the Airmantle, the results are good, with an average pressure when the appropriate cells are deflated of just under 10mmHg with a peak pressure of 58 mmHG. With a Lowzone overmantle in place the peak was reduced to 27mmHg and the average to 6mm Hg. With an Airmantle in place, we see even better results. See www.symmetrikit.com/downloads (technical- pressure mapping results x 2 for more details).

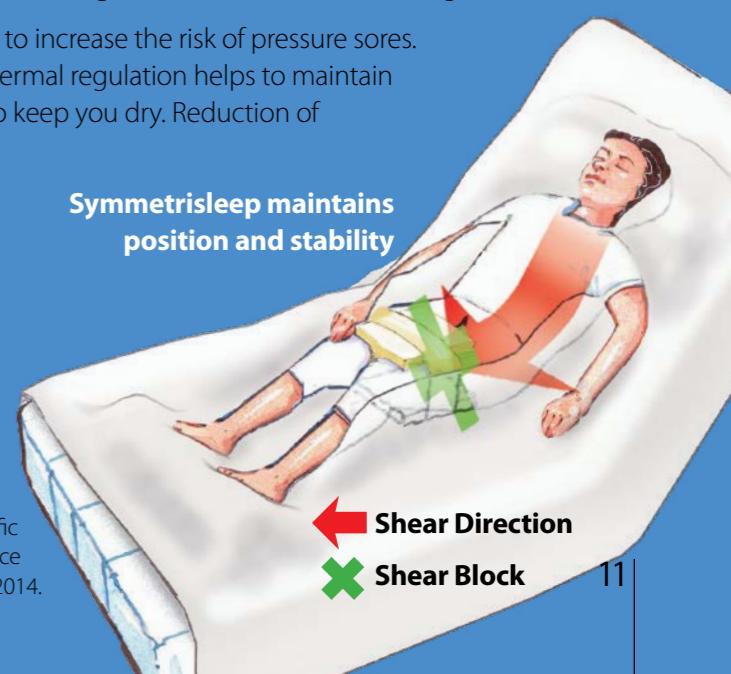
Pressure sore prevention clinical guidelines: 2014 International Pressure Sore advisory guidelines¹ recommend that amongst other things, consideration be given to **Shear & Friction, Microclimate & Temperature and Off-loading & Turning.** Symmetrisleep can help with all of these.

Shear & Friction: Shear forces are recognised as contributing to tissue breakdown. Symmetrisleep holds you in position and can be used to counter shear forces such as those encountered when sitting up in bed. By maintaining the position, the need to constantly reposition is reduced along with the risk of friction damage.

Microclimate & Temperature: Elevated skin temperature is seen to increase the risk of pressure sores. Skin is also seen to be weaker when wet. Symmetrisleep's active thermal regulation helps to maintain a more normal skin temperature and class leading wicking helps to keep you dry. Reduction of contracture helps with skin care routines.

Off-loading & Turning: Symmetrisleep can be used to off-load damaged or "at risk" areas, such as the sacrum, bony prominences, heels and shoulder blades. Symmetrisleep delivers sustainable positioning: the support elements stay in place preventing users rolling back onto the off-loaded tissue. Turning is made easier with our all in one Symmslyde turning and positioning option (see pages 14-15)

Symmetrisleep maintains position and stability



¹National 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 Media: Osborne Park, Western Australia; 2014.



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



SteriTouch®

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

SYMETRIKIT

SYMMSLYDE®

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



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 refund²



²We 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&OE

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
www.symmetrikit.com

