

**NEW** **COOLOVER**<sup>®</sup>  
with Omnitherm  
*Second generation temperature control*

**SYMMETRISLEEP**<sup>®</sup>

*Postural care with luxury thermal comfort*



**SYMMETRI**  
**Kit**

Symmetrikit is a division of The Helping Hand Company, Ledbury Limited





Symmetrisleep is the most popular night time support equipment in the UK; it provides a good support throughout the night, when the body is most relaxed and susceptible to change.

It is a proven system widely used by families, to give protection, improvement and a better night's sleep.

# **SYMMETRISLEEP®**

*Long term therapy every night of the year*

## *Symmetrisleep® works*

- In prone, supine or in 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 overmante protects the mattress below from spillage.
- Highly portable and easy to install, adjust or remove.
- Fire retardant

## 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 during the long night hours.
- Infinitely adjustable for any position and shape, or age of individual.
- Easy to adjust or put in and take out of the bed. Postural care can continue uninterrupted from babyhood to adult life.
- Consists of a variety of pressure relieving materials, which can be used to achieve thermal comfort.





## How to use Symmetrisleep®

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, resident 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.



Coleen unsupported



Supported  
by Symmetrisleep  
system



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



With thanks to Coleen's family

## Symmetrisleep® is widely accepted because:

- Therapists know it works – we have evidence from long term trials; the therapists get the feed back from the families.
- Families like it – it's easy for them 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.
- We have nearly 13 years of experience with these systems; we work hard to pass this knowledge on to families and therapists through our highly regarded training.
- It addresses temperature and thermal comfort issues.
- Our sales team are highly trained and provide high levels of after sales service as well as support.



## Bamboo sheets and cushion covers

*The natural wicking fabric that helps to keep you cool*

This natural eco-friendly textile has both anti-bacterial and anti-fungal properties so stays "fresh" for longer. It's smooth, round fibres are knitted in to a silky super soft fabric for a luxury feel.

Bamboo fibres have a hollow tube like construction so they tend to wick moisture away from the skin aiding evaporation and keeping the skin cool and dry. (Bamboo can hold more than 3 times its own weight in water).

Our latest bamboo fabrics can be washed at 60°C and tumble dried for faster turnaround.

This latest Bamboo is used for our standard sheets and pillow covers. For still greater thermal stabilisation you may want to consider Coolover as an alternative.

## Bamboo or Coolover?

*Best for:*

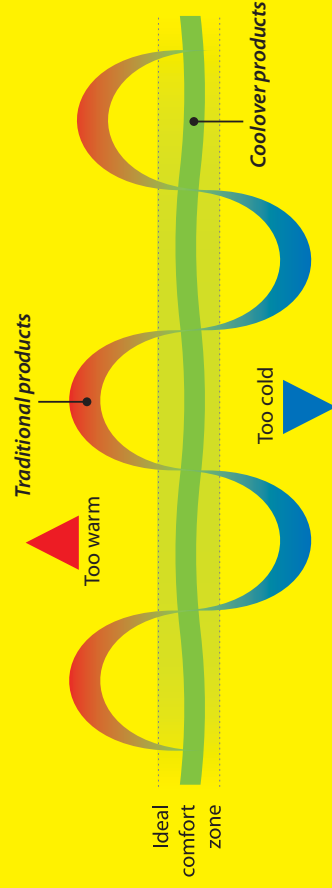
Temperature control	Coolover
Wicking	Coolover or Bamboo
Use as a head pillow (respiratory safety)	Coolover
60° Wash and tumble dry	Bamboo

Our Bamboo fabrics now have double patented Purotex technology. Purotex inhibits the development of noxious bacteria and cleans up dust mite allergens resulting in a better night's sleep. Our wipe down covers also have bacteriastatic properties.



## CoolOver® and thermal comfort

CoolOver fabrics can be used instead of our Bamboo to enhance thermal comfort by working right up close. This all new soft feel Hypo Allergenic fabric contains tiny Omnitherm microcapsules ; these absorb excess heat when the body is hot and release it back when the body cools to maintain a more even temperature for a better night's sleep. Having the Omnitherm embedded in the fibres themselves, rather than being in a separate inner layer, gets them closer to the skin to offer our most effective temperature controlling fabric to date.



## CoolOver® sheets keeps you dry

Coolover has a 3D "spacer" knit which allows air to move more freely keeping you cooler as sweat can more easily evaporate and drier as moisture is moved away from the skin.

## CoolOver® on your pillow

Should you turn into the pillow, Coolover covers have excellent air permeability so reduce the severity of respiratory distress. Inherent free draining characteristics allow any fluids which may otherwise cause redness or rashes to drain away from the skin, (Coolover cushion covers replace our earlier Safetysleep® product and can be fitted to any of our Lowzone cushions).

## Cooler accessories

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.





## Omnitherm® Thermal Comfort

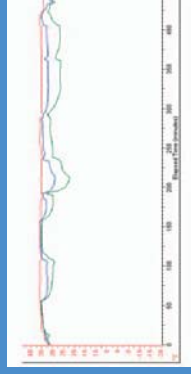
Omnitherm microcapsules  
within the threads of the  
Coolover fabric  
Graphic representation



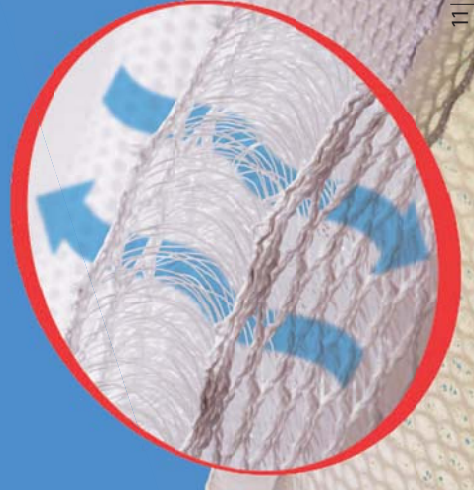
## AIRMANTLE® thermal comfort with postural care

Airmantle has been designed to work with Symmetrisleep, allowing those who need night time support to enjoy the benefits of improved thermal comfort.

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 core temperature. This graph illustrates temperature of trunk, thighs and feet during one night in an individual with normal movement. It shows how the legs act as a heat sink so that movement of the feet towards and away from the body helps to defend a stable core temperature in the trunk.



For those with an inability to carry out such heat seeking and avoidance behaviour, the Symmetrisleep Airmantle can be used to put a layer of air around the person, allowing perspiration to evaporate. It can help to maintain a stable core temperature and reduce disturbance at night.





## ***Training, implementation and Outcome Measurement.***

We provide a full assessment and implementation service to our users, free courses for therapists and free family workshops.

We have introduced an Outcome Measurement Service into the Midlands, which will be rapidly rolled out across the country during 2011. This free clinic based service will be free for all our regular customers.

Symmetrisleep must only be used in accordance with an agreed prescription.  
Lowzone 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

### **ORDERLINES**

**Call: 01531 635388**

**Fax: 01531 635059**

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