

Lying Support Equipment

It is common for people to experience aches and pain or being uncomfortable after sleeping on a dippy mattress, the wrong pillow or just in the wrong position.

Why is my lying position important?

People who have reflux or apnoea or back pain or sore knee or other problems will tell you how important it is to be in just the right position to get a good night's sleep.

If you have trouble moving or trouble with posture, you may find you can't move to get comfortable or maybe you move too much and get caught in uncomfortable and twisted positions. Or maybe you can't reposition your pillow or blankets when needed. Additionally your condition may cause you to have pain, to have breathing problems, reflux or problems regulating your body temperature. After spending several hours seated in your wheelchair, it is also important to rest your body and have a chance to 'open out'.

Your position in bed needs to be **JUST RIGHT!**

How can I get the 'JUST RIGHT' lying position to suit my needs?

Speak to your therapy team about what you need.

Your therapy team will talk to you about everything that is affected by and affects your sleep position.

The therapist will ask questions about:

- Comfort, pain
- Breathing
- Feeding, reflux
- Movement, assistance needed to move in bed, posture
- Contenance
- Temperature
- Skin care
- Sleep patterns and general sleep review
- Health, surgery or medications

The therapy team may:

- Check your mattress.
- Take photos of your usual lying position.



- Offer overnight video to see how much you move during the night or to see how you breathe during sleep.

Therapists can work with you to find the best equipment option so that you can be safe and comfortable for good rest and for a good night's sleep. They may recommend:

- Changes to your bed, mattress, pillow and bedding.
- Special cushions and wedges to support your body comfortably.
- Customised cushions or wedges (specially designed for you).

Everyone is different, and everyone's needs change. It is important that you try different things to decide what works best for you.

Lying Support Equipment cont.

How can I tell if the lying support equipment is working for me?

If you have been trialling some equipment or if you want to review the equipment that you already have, use the checklist below to help decide what works for you.

Discuss this with your therapy team and / or the Sleep Solutions team to provide a review if you have any concerns or questions.

Visit cptech.com.au for more information.

Things that we need to manage, for my sleep and rest

Does the equipment that I am using help with this?

Please indicate: Usual equipment New, trial equipment

	I think it makes things worse	I am not sure if it makes any difference	Yes, it does make a positive difference
My general comfort			
My breathing			
My swallowing and feeding			
My skin care			
My temperature regulation			
My pain management			
My safety			
My continence			
My feeding and drinking and digestion			
My carers' needs			
My sleep			
My posture			
Anything else?			