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Simple<sup>®</sup>  
Stuff  
Works



# Full Sleep System Instructions for Use

Manufactured by Simple Stuff Works Associates, Unit A,  
Meltex House, Tamworth, Staffs, B79 7XE

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The Simple Stuff Works Sleep System is designed to support an individual at night or during the day in a position which helps to protect their body shape and quality of life. It is usually used on a bed. It consists of a non-slip mesh base, mattress topper, sheets and various accessories such as lateral supports and leg supports.

## Please Note:

Simple Stuff Works Associates recommends you undertake quality assured, accredited training before implementing these pieces of equipment for therapeutic positioning.

The Simple Stuff Works Full Sleep System is a varying piece of equipment and so, depending on the pieces of equipment you have purchased, some of these instructions may not be relevant to you. Their configuration will be decided by the prescribing clinician.

Our equipment comes with a one year manufacturer's warranty.

The equipment should only be used for the purposes for which it has been designed. If the equipment is altered in any way, or used in a way in which it has not been designed, Simple Stuff Works Associates cannot take responsibility for any damages or injury caused. Please note that altering the equipment or using it in a way for which it has not been designed will void the warranty.

A full safety checklist and an equipment safety checklist can be found on our website [www.simplestuffworks.com](http://www.simplestuffworks.com)

If you have any queries please do not hesitate to contact us on **01827 307870** or email [admin@simplestuffworks.co.uk](mailto:admin@simplestuffworks.co.uk)

# Base Layers

1. Place the largest piece of non slip mesh on the mattress and tuck it in
2. Put the small piece of mesh on top
3. Put the topper and sheet on top of the mesh
4. Build support for the person by fixing supports in between the two layers of mesh



# The Simple Stabilizer

The Simple Stabilizer is only to be used when a person is lying in supine.

It is designed to support the femora and pelvis and care should be taken to ensure the correct size of Simple Stabilizer is used for the person.

Place the Stabilizer around the legs, ensuring the thighs are well supported.

Fix the Stabilizer in place around the legs using the elastic strap.



# The Side Lying Leg Support

The Side Lying Leg Support should only be used when someone is on their side in conjunction with accessories to support the rest of the body.

Place the Side Lying Leg Support behind the bottom leg, so that the front curve of the support follows the curve of the leg.

Place the top leg in the channel on top.

Build up accessories however appropriately to ensure the person is completely supported.



# Foot Supports

The Foot Supports are designed to support the feet and prevent them from falling in to damaging positions.

The Foot Supports are designed so that one side is wider than the other to provide lateral stability and to stop the foot rolling in one direction.

The heel should be placed into the back of the support where there is a cut out for it to rest. The toes should not come over the top of the support. If this happens a larger size is needed.

The strap comes over the top to hold the supports in place.



# Lateral Supports

Lateral Supports come in 3 sizes and are designed to be used in conjunction with the base layers to create good postural support.

The lateral supports are placed within the two layers of non slip mesh to provide support around a person.

The exact configuration of where these supports are placed will be decided by the prescribing clinician.



# Pillows

All of our pillows can be used either between the two layers of mesh or on top of the sheet depending on the support someone needs.

The position and placement of the pillows will be agreed by the prescribing clinician.



# User Assistance

If you are experiencing any issues with your equipment please contact us:

+44 (0)1827 307870

[admin@simplestuffworks.co.uk](mailto:admin@simplestuffworks.co.uk)

[www.simplestuffworks.com](http://www.simplestuffworks.com)

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Staffs, B79 7XE

For further information and video instructions please visit our YouTube channel by scanning the QR code below





## **NON-SLIP MESH AND TOP SHEETS**

*40 degree celsius wash (104F), no tumble dry, no fabric softener for mesh, no bleach, do not iron*



## **THE SIMPLE STABILIZER**

*40 degree celsius wash (104F), no tumble dry, no bleach, do not iron*



## **PILLOW COVERS (ALL SHAPES)**

*40 degree celsius wash (104F), no tumble dry, do not bleach, do not iron*



## **SIDE LYING LEG SUPPORT COVER**

*40 degree celsius wash (104F), no tumble dry, do not bleach, do not iron (internal structure not to be washed)*



## **MATTRESS TOPPERS**

*60 degree celsius wash (140F), no tumble dry, do not bleach, do not iron*



## **LATERAL SUPPORTS**

*40 degree celsius wash (104F), no tumble dry, do not bleach, do not iron (internal plastic to be wiped with antibacterial wipes only)*



## **FOOT SUPPORTS**

*40 degree celsius wash (104F), no tumble dry, do not bleach, do not iron*

### **PLEASE NOTE...**

*This is a basic guide for our most popular products. All products come with washing labels attached. Where people operate outside of the instructions given they do so at their own risk and could void the product warranty.*