

# Joint Protocol Training

Children's Equipment Training

Module B

Sleep Systems

# Sleep Systems

- Postural support for use in lying
- Generally used in bed as part of a 24 hour postural management programme
- Provide a stable, supportive, symmetrical position
- Can be used in supine & side lying
- Minimise progression of contracture and deformity
- Utilise time spent in bed, in therapeutic manner  
eg. 10 hours each day = 3650 therapeutic hours

# Assessment for Sleep Systems

- Consider the following:
  - Muscle tone – high/low, and tone patterns
  - Joint contractures & muscle length
  - Deformity - including hip subluxation/ dislocation, scoliosis etc
  - Position for sleeping – supine/side lying
  - Height & length of body segments
  - Other medical problems – epilepsy, overnight gastrostomy feeding, vomiting, respiratory health, temperature control

# Lecky Sleepform



- Age 0 – 18 years
- Complexity: Mild to complex
- Available in sizes 1-4, for cot or single bed
- Postural management for supported lying during sleep/rest
- Parts include:
  - Mouldable mattress
  - Airflow mattress
  - Cushioned chest, hip and knee supports
  - Knee pillow &/or roll
  - Temperature control sheet
  - Waterproof mattress protector