

Sleep System Information



Laying Out the Sleep System

1. Our sleep systems ship with the top three pieces shown above, including headrest and pad, Chest support, and lower body support.
2. The bolsters are designed to discourage you from rolling out of the face down position.
3. We recommend you use a bed pillow to support the ankles where the ankle support bolster is shown. Bed pillows tend to be softer for long-term use, and work very well for ankle support.

Positioning Face Down



Getting on the **Sleep System** in the face-down position.

Put hands on either side of cushion system, and start from the bottom to position yourself. Lower yourself into a comfortable position. Use sheets and a towel, folded pillow case or face rest cover to keep you and the equipment clean and comfortable.

(800) 687-5199

Billing: 319 N Weber Rd, PMB 142, Bolingbrook, IL 60490
Midwest Warehouse: 5403 Patton Dr Suite 202, Lisle, IL 60532
West Coast Warehouse: 1650 Helm Drive #700 Las Vegas, NV 89119



The freely moveable **Face Support** allows movement of the neck and easy breathing.

How to Fold Up the Sleep System



Fold your sleep system to look like this:

Seated Positioning



First, fold the 3-piece **Sleep System as above**. Then, place the **Sleep System** on the lap. Any chair or stool can be used.

Please let us know if we can assist you further.

*Thank you for your business
and your referrals!*

(800) 687-5199

Billing: 319 N Weber Rd, PMB 142, Bolingbrook, IL 60490
Midwest Warehouse: 5403 Patton Dr Suite 202, Lisle, IL 60532
West Coast Warehouse: 1650 Helm Drive #700 Las Vegas, NV 89119