



Sleeping - why is it so important?

Why does your child need to sleep? Simply, to rest and to recuperate. Getting a good night's sleep influences your child's psychological wellbeing and also their sleep patterns can affect your entire family. So what can you do if your child has difficulties with getting a good night's sleep?

The importance of sleep

Children spend roughly a third of their time sleeping. Your child needs plenty of sleep, quite simply, to rest and recuperate. A good night's sleep both influences their psychological wellbeing and prepares them for the day ahead. While your child is asleep, their body has the opportunity to undertake its vital 'repair work' and brain development, essentially maintaining skills such as speech and memory. Erratic sleep patterns can affect the entire family, which is why we've focused on finding a solution to tackle the problem.

Sleep systems

Sleep systems are not designed to stop your child's movements, but simply to provide different levels of support and prevent your child from getting stuck in harmful positions during the night. Fundamentally, sleep systems should enable your child to enjoy a restful night's sleep. To achieve this, we offer two varieties of sleep system:

Little dots - a supportive system for babies up to 12 months old

Snoooooze - a flexible system for children and young adults.

Our new sleep systems

Our sleep systems are flexible and highly customisable to the needs of your child. They are adjustable in size (filling can be added or removed) so they grow with your child, are easily portable and have been designed in conjunction with health professionals and carers. We recognise that every child is different, which is why we have developed and designed systems that:

- Maximise your child's potential
- Promote postural integrity
- Encourage better sleep patterns
- Prevent postural deterioration
- Offer high levels of compliance
- Improve positioning
- Give the carer respite
- Are easily portable
- Enable adjustability
- Are easy to wash & clean.

Night-time positioning is vital in providing integrated and holistic posture management

**for babies, children
& young adults**



Integrated Approach

A 24-hour postural management programme is essential to ensuring your child's posture is maintained at its optimum level. As market leaders in providing daytime posture management equipment, we can now offer your child equipment that will support them during the night. We have a comprehensive integrated approach of supporting your child in the areas of seating, standing, toileting, bathing, changing, showering, therapy, sensory and now sleeping. We aim to build your child's confidence and independence during the day and the night.



How does it work?

Our customisable sleep systems allow you to tailor the system to your child's individual needs. By utilising the hook & loop mattress cover, you can then build the system using a myriad of cushioned components (many of these also use a hook & loop device so that it easily attaches to the mattress cover). The system caters for most conditions, from mild to complex, as well as all age ranges. To get the most from your Little Dots or Snooooooze system, we strongly recommend an assessment from one of our expert Product Advisors, in consultation with your child's therapist.



Child-friendly materials

Each component of the Little Dots and Snooooooze sleep systems is covered in Dartex – a breathable healthcare material, which we also use for our Juni chairs. The components are filled with crumbed visco-elastic foam, providing a comfortable, tactile feel. All elements are rated at 'Crib 5' fire resistance and the removable covers are washable at 95°C for infection control purposes.





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Sleep Diary

We want to ensure that our sleep system is right for your child. Before an assessment you may want to record your child's activities in a Sleep Diary. With this diary you can outline what you would like to achieve; then, a review can be undertaken and equipment can be prescribed. To download your child's Sleep Diary please visit www.smirthwaite.co.uk and start monitoring and recording your child's sleep patterns.

2

Free Assessment

The reason for prescribing a sleep system will be different for every child. This is why a sleep system should be adaptable to the needs of each child. With our team of professional and experienced Product Advisors and in collaboration with your child's therapist, we will find the best sleep system solution for your child. We offer a free, no-obligation assessment to evaluate your child's needs.

To book your free assessment just call our Customer Services team on **01626 835552** or e-mail them info@smirthwaite.co.uk.

3

Customisation

We are dedicated to finding the right sleep system solution for your child. We understand that some children have very specific conditions that require extra special care. We can provide specialised support and will find the right solution for your child even if it means offering a custom made sleep system.

For more information please visit www.smirthwaite.co.uk.





Flexible Snooooooze

This flexible sleep system is designed for children from around 12 months old right up to young adults. It is lightweight, easy to maneuver and highly adjustable to cater for the growth of your child.

Support in 3 lying positions

The Snooooooze sleep system supports your child in supine (on their back), side and semi-prone lying positions. This key feature enables us to accommodate and correctly position posture overnight, whilst maintaining a high level of comfort.

Supine lying

To ensure correct positioning both during the day and night, we firstly align the pelvis. The pelvis is the foundation of good posture, and is therefore the first area we evaluate when conducting an assessment. Using a component like the W Leg Trough, we aim to draw the legs into mid-line.

supine positioning components



W leg trough (size 1 & 2)

Positions your child's legs
Prevents rotation and risk of dislocation



W leg trough with wrap

The adjustable wrap provides extra support for the legs



T-roll (size 1 & 2)

Inhibits adduction
Supports your child's legs in abduction



Twin leg wedge

Gives leg support and provides support behind the knee



Foot support

Positions and supports the feet in alignment



Foot support

See product opposite

Roll (size 1 & 2)

Use as a head support or behind the knees



Side lying

The Body roll has heralded a new stage in side lying, and can help achieve an excellent trunk and leg position for both left and right side lying. It is most effective when the trunk has shortening sides and the legs are windswept. Alignment of the legs is achieved with a Pillow between your child's legs. The final key of achieving a good posture is to support and position the head.

Semi prone lying

Evolved from our work in side lying, semi prone lying is best achieved through use of our Body roll. This very 'cuddable' roll effectively supports your child's head and knees at the same time. The key benefit of the Snooooooze sleep system is that is extremely customisable, so that your child can sleep in a position that is suitable for his or her needs.

Sleep for everyone

When your child struggles to sleep, it has a direct impact on the sleep patterns of every family member. Parents and siblings can be left exhausted, unable to think clearly and struggling to cope with their daily activities. By ensuring that your child has a good night's sleep, it also means that you and your family will enjoy the many benefits of a good night's sleep.

side lying & semi prone components



Pillow size (1 & 2)

Very versatile
Use as a head support or between the legs in side lying



Body roll (size 1 & 2)

Supports head, trunk and legs

Pillow size (1 & 2)

See product opposite



Roll (size 1 & 2)

Use as a head, knees or back support

Curved wedge (3 sizes)

Supports other component or the body



Banana cushion

Encourages alignment
Suitable for supine & side positioning



Horseshoe

Use as a head support or between the legs in side lying



Star head support (size 1 & 2)

Use as a head support or behind knees

support components

These supplementary support components help to provide extra support and more stability in achieving the desired position.



Curved wedge (3 sizes)

Use either directly supporting the body or other components



Tri-fold (size 1 & 2)

Use either directly supporting the body or other components



Wedge

Popular to use as a head positioner

daytime therapy

Our sleep systems can be also used for day time therapy in conjunction with the Therapy mat, which is hook & loop receptive.



Therapy mat

CODE 9002

Can be used in sensory rooms and for stretching and therapy activities



Sidney

CODE 9039

A highly portable multi-use side lying positioning system



Sidney with a wrap

CODE 9040

Can be used with or without a wrap
Wrap attached on hook & loop device



Sidney - designed by Mum

A mother who was on holiday and wanted her son to be held safely, while she put her make up on, came up with the concept for the Sidney. Children are often put on their backs on the floor and Sidney provides a perfect solution that allows your child to be positioned on their side. Designed for daytime use, it can also be used for stretching exercises and integrated into your child's therapy programme.



Early intervention

Early intervention is essential for ensuring that your child maximises their social and educational developmental potential. It is vital that your child's needs are identified as early as possible to ensure the best possible quality of life.

Supportive Little Dots

Little Dots has been designed for new born babies and children up to the age of 12 months old. A highly supportive system, its segmented Horseshoe and Wedges, dressed with the Fleece, help to establish a profile shape.

Adjusting for growth

For young children with low body mass and control, it is important to provide cushioning that is volume adjustable. Little Dots cushions allow you to add and remove filling which, in turn, lets the system grow with your child. Little Dots is lightweight, easy to transport and offers a highly customisable solution to your child's needs.

little dots components



**W leg through
Wedge & ramp
Daisy**



Fleece overlay
Image presents fleece overlaying the components from image A



Segmented horseshoe
Encourages alignment



**W leg through
Segmented horseshoe**



Fleece overlay
Image presents fleece overlaying the components from image B



Little Dots system
Full system consisted of 8 main components



Children spend approximately one third of their time in bed, therefore equipment which supports a symmetrical lying position is an integral part of 24-hour postural management programmes.

Night Time Postural Management Equipment for children report, NHS

little dots components



Segmented horseshoe

CODE 9032

Encourages alignment



W leg through

CODE 9031

Supports your child's leg
Prevents rotation and risk of dislocation



Daisy

CODE 9033

Provides head support
Petals of the Daisy can be folded



Wedges (sizes 1, 2 & 3)

CODE 9035-9037

Use either directly supporting the body or other components



Wedge & ramp

CODE 9034

Provides the ideal positioning to enable side lying, giving support to the trunk and leg



Fleece overlay

CODE 9038

Double sided fleece can be used to overlay on the components



Little Dots system

CODE 9030

Full system consisted of 8 main components



snoooooze components



T-roll

CODE 9008, 9009

Inhibits adduction
Supports your child's legs in abduction



Body roll (size 1 & 2)

CODE 9010, 9011

Provides the ideal positioning to enable side lying, giving support to head, trunk and leg



Roll (size 1 & 2)

CODE 9012, 9013

Use as a head support or behind knees



Horseshoe

CODE 9014

Encourages alignment and is suitable for supine and side positioning



W leg trough

CODE 9004, 9005

Positions your child's legs
Prevents rotation and risk of dislocation



W leg trough with wrap

CODE 9006, 9007

The adjustable wrap provides extra support for the legs



Twin leg wedge

CODE 9015

Gives leg support and provides support behind the knee



Foot support

CODE 9016

Positions and supports the feet in alignment



Pillow (size 1 & 2)

CODE 9017, 9018

Very versatile
Use as a head support or between the legs in side lying



Banana cushion

CODE 9019

Versatile component that can be used for most parts of your child's body



Star head support

CODE 9020, 9021

Gives head support
Points of the Star can be folded for angled support



Curved wedge (3 sizes)

CODE 9022-9025

Use either directly supporting the body or other components



Tri-fold (size 1 & 2)

CODE 9026, 9027

Use either directly supporting the body or other components



Wedge

CODE 9028

Popular to use as a head positioner



good night 

telephone

01626 835552

fax

01626 835428

email

info@smirthwaite.co.uk

website

www.smirthwaite.co.uk

Smirthwaite Ltd

16 Wentworth Road, Heathfield,
Newton Abbot, Devon TQ12 6TL



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