

Goal:

Individualized night time positioning programs to help prevent or slow possible complications and improve quality of sleep.

Sleep System: series of supports and foam devices placed in the bed to help guide the body while your child sleeps.



Example of sleep system



Funding for this project provided by :



24 HOUR POSITIONING

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Positioning While My Child Sleeps

*Why is this important?*



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# Sleep Positioning



Children who have difficulty moving are often unable to change positions on their own and suffer from muscle tightness. Some children move more on their own, but always in the same direction, landing in similar positions. This combination causes stress or strain on different body parts, putting these children at risk for complications such as:

- Shortening of a joint or muscle
- Hip dislocation
- Body asymmetry (ie: scoliosis)
- Difficulty breathing
- Pressure sores
- Digestion difficulties
- Pain

## HOW DOES SLEEP POSITIONING HELP?

Posture when lying down is just as important as sitting or standing. The aim is to achieve a straight and midline position.

Good positioning can help increase comfort and quality of sleep. It may also reduce complications, doctor visits, hospital stays, and possible surgeries. Proper body alignment will improve the quality of life for a child and their caregivers.

**Please visit this website for a short video description:**

**Simple Stuff Works Video**  
<https://www.simplestuffworks.com/>

## WHAT TO EXPECT AT YOUR APPOINTMENT?

- Interview on how your child sleeps: position, hours, location, etc.
- Detailed assessment and measurements
- Trial of equipment
- Positioning recommendations



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