

Sleep Positioning Guide

Side lying

It is important to consult with your physician and your community physiotherapist or occupational therapist prior to implementing sleep positioning with your child.

Examples of equipment needed for sleep positioning:



Some of these items will be given to you at your assessment.

Caregivers know their child best, so it is important to watch for normal breathing, temperature, and body movements during sleep. This will help determine if sleep positioning is affecting your child in a positive way or if it changes need to be made.

STEP 1

It is important to start with the following set up:

- Cut Rug Saver so that you have two equal sized pieces that cover the bed from one side to the other. The length of the Rug Saver should cover from the top of your child's head to below their knees.
- Place the two Rug Saver pieces on top of your mattress followed by a fitted sheet.
 - Mattress protector (if using) should be placed below the Rug Saver.
 - Soaker pad (if using) should be placed on top of the sheet.
- All layers should be smooth and without any wrinkles. Remove any extra blankets, stuffed animals, or toys from the bed.



STEP 2

Place your child in the center of the bed on their side.

- Space should be even on each side of the bed to allow for more access to securely place supports.
- Position them at the head of the bed, with their head on a pillow (if using).
- From the side lying position, turn your child 30-45 degrees (almost halfway) so they are not laying directly on their hip bone or on top of their shoulder.
- Place rolls or lateral bracket between the two Rug Saver sheets behind their back to help support them in this partially turned position.



STEP 3

Support the legs

- Bend the bottom leg (hip and knee). A thin pillow can be used under the bottom knee to decrease pressure if needed.
- Bend the top leg. Use a pillow to keep the legs apart and hips nicely aligned.



STEP 4

Support the front of the abdomen

- Use a rolled towel or lateral bracket in front of the child. This will prevent them from sliding forwards or away from the back support. The roll or the lateral bracket is placed snugly in between the two layers of Rug Saver.



STEP 5

Align the head with the rest of the body

- Prop the pillow to encourage the head position to stay in line with the rest of the body. Avoid rotation in the spine. You can use the following materials:
 - Wedges
 - Towels (rolled or folded)



STEP 6

Add any additional supports that the therapist may have suggested:

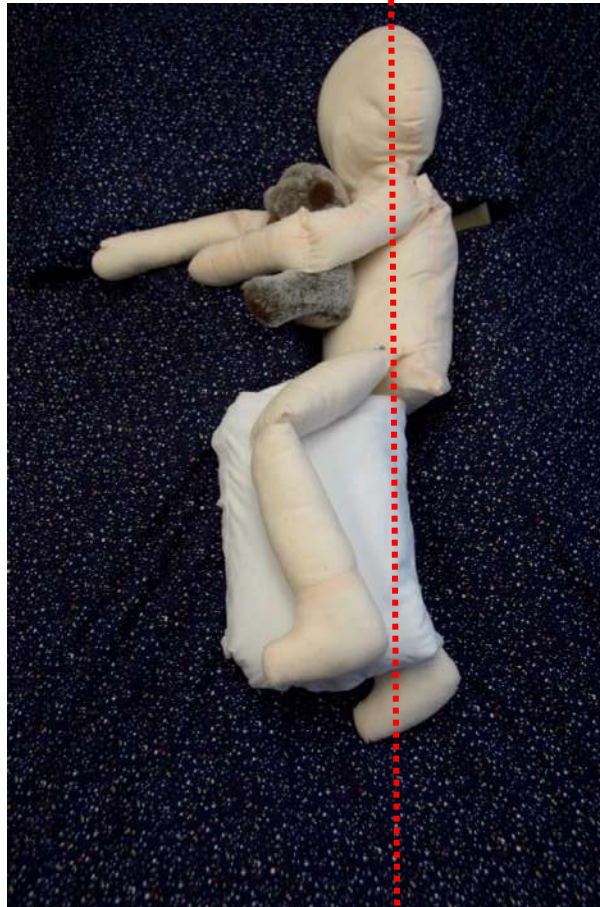
- Head wedge
- U-shaped roll
- Stuffed animals in arms
- Ankle foot orthosis
- Other:



STEP 7

Take a step back and look at your child from the foot of the bed. Complete the following:

- ✓ Head, upper body and pelvis are in line with each other.
- ✓ Legs are supported and knees are apart.
- ✓ Heels floating above bed surface.
- ✓ Child is comfortable, breathing normally and temperature is controlled. Review the safety checklist.



NOTE: Discontinue use of sleep positioning and contact your Physiotherapist/ Occupational therapist if your child experiences breathing difficulties, increased temperature or abnormal body movements. Or if you feel the sleep positioning recommendations need to be changed.