



## Sleeping – bed equipment

Bed-related equipment may help you to move and position yourself in bed, to get into and out of bed and to be more comfortable.

It is important that bed-related equipment is chosen according to your needs, and is suitable for the type of bed, mattress and pillow you are using. It should be used safely, to prevent injury whilst you are in bed, or during bed transfers.

Bed-related equipment for transfers should be compatible with your bed. There should, for example, be sufficient space under the bed to accommodate the base section of a mobile hoist, and the bed frame needs to suit equipment which may be attached to it.

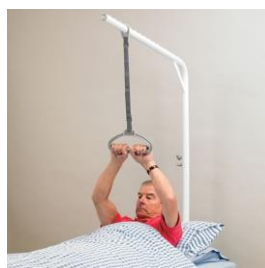
An information sheet about mattress, pillow and bed selection is available. There is a separate information sheet about adjustable beds.

Mattresses, pillows, beds and bed-related products are on display at ILC Tas.

### Equipment to assist with bed mobility/positioning, transfers, sitting and comfort:

#### Bed mobility/positioning

- A self sliding/rolling sheet assists with independent turning over while in bed and may help with transfers.
- An over-bed pole helps with independent repositioning and rising to a sitting position.



#### Transfers

- A bed pole/ bed stick may assist with getting in and out of bed. A bed stick should be prescribed and fitted by a health professional to ensure that its use does not present a danger for someone who may be at risk of injury because of confusion or impaired mobility.
- Blocks under bed legs or castors will increase the height of a bed and assist sit-to-stand movements. For safety, it is important to ensure that these are set up correctly and are the correct height for the user.



## Sitting

There are products to help with sitting up in bed. These are often used by people with respiratory conditions or needing support while eating or reading. They include:

- An adjustable angled backrest frame which sits on top of the mattress and supports pillows.
- A foam 'bed armchair' provides sitting support.
- A bed ladder assists with pulling up from lying to sitting,



## Comfort

- A wedge-shaped cushion elevates the lower legs and may help to reduce fluid or pain in the legs.
- A bed cradle holds the weight of bedclothes off the lower legs. Some bed cradles are height-adjustable.



For information about mattresses, beds and adjustable beds please refer to ILC Tas information sheets:  
**Sleeping – mattresses and beds**  
**Sleeping – adjustable beds**

## Contact ILC Tas for more information



Ring **1300 885 886** to speak to a health professional



Visit our website [www.ilctas.asn.au](http://www.ilctas.asn.au) or email us at [ilc@ilctas.asn.au](mailto:ilc@ilctas.asn.au)



Make an appointment to visit our centre at 275 Wellington Street, South Launceston



Ring us to find out when we will be visiting your area

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