

WITH COOLOVER
with Omnitherm
Second generation temperature control

SYMMETRISLEEP[®]

*An adults' guide
to lying straight
Better nights for better days*

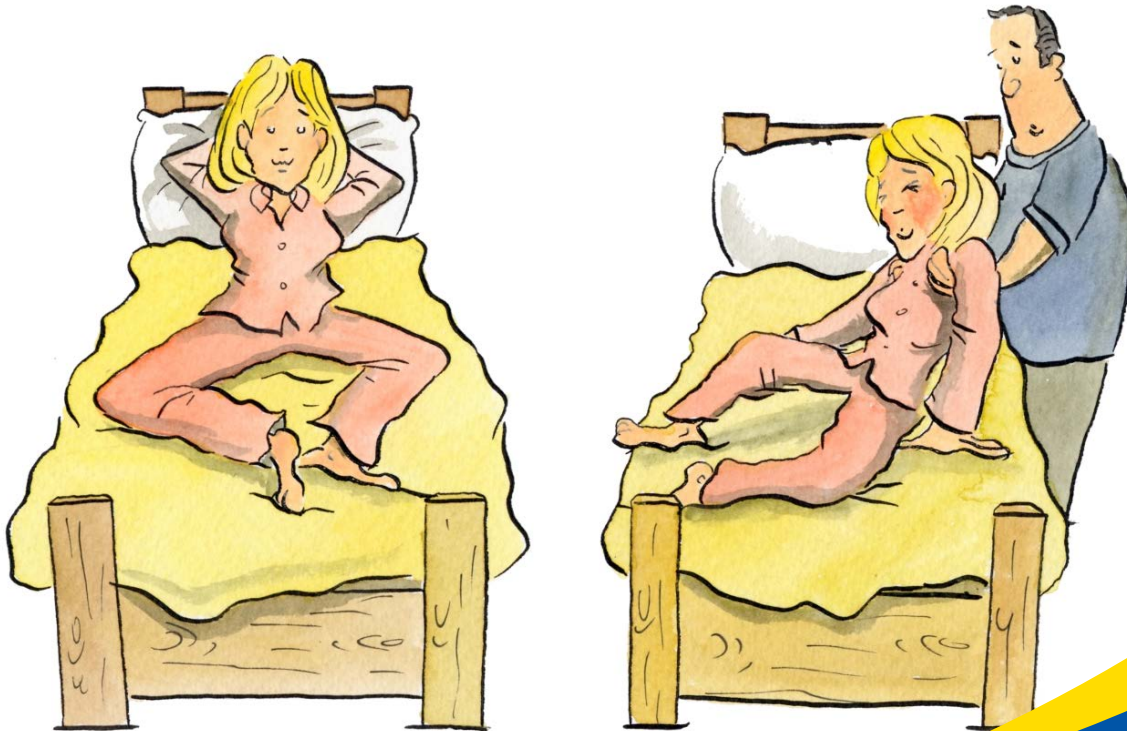
SYMMETRIKIT
POSTURAL CARE

 a division of The Helping Hand Company

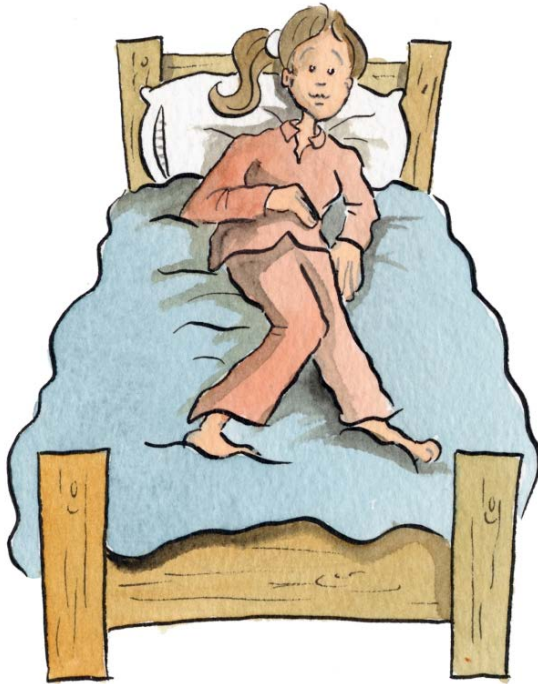
Lying with legs to one side makes it hard to sit straight



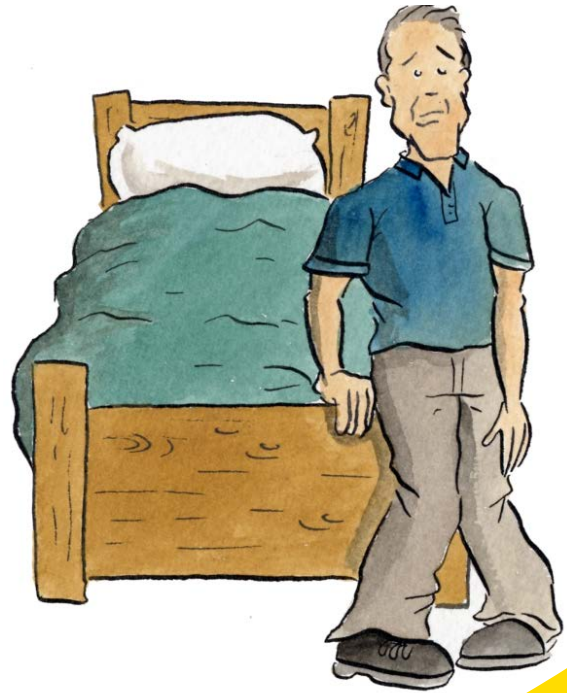
Lying with knees out to the side makes it a problem to bend in the morning



Lying all night with a bent back makes it difficult to sit straight in the day



Lying with knees together makes it hard to sit and stand



Lying curled up at night makes it hard to sit up during the day





Lying straight helps you:

Sit straight
Stand straight
Grow straight

SYMMETRISLEEP[®]

CE

SYMMETRISLEEP[®]

*Protection and
improvement of bodyshape
It can't get simpler
than this!*

Call: 01531 635388
www.symmetrikit.com
e-mail: sleep@symmetrikit.com

The Helping Hand Company
Bromyard Road, Ledbury
Herefordshire HR8 1NS

Images ©The Helping Hand Company 2005

SYMMETRIKIT
POSTURAL CARE

 a division of The Helping Hand Company