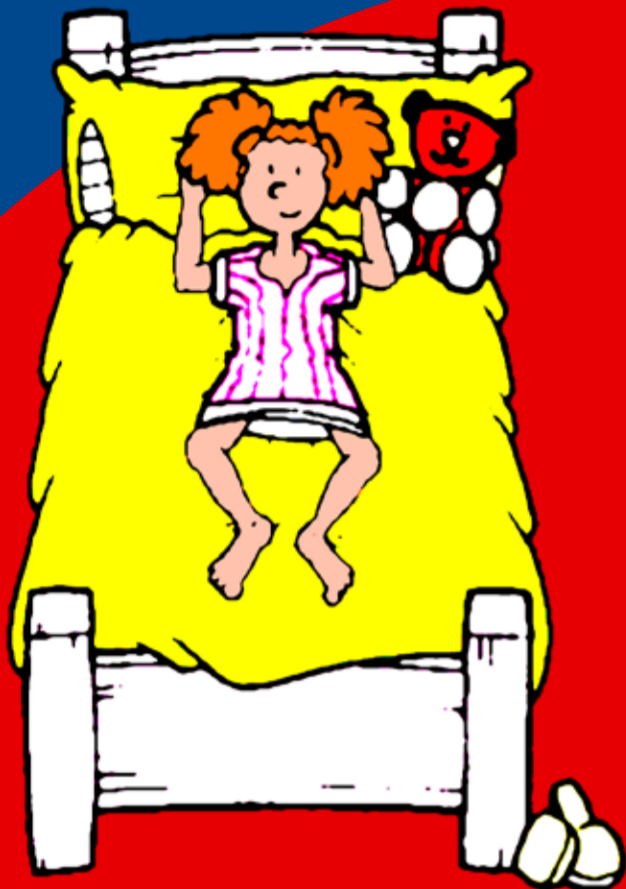


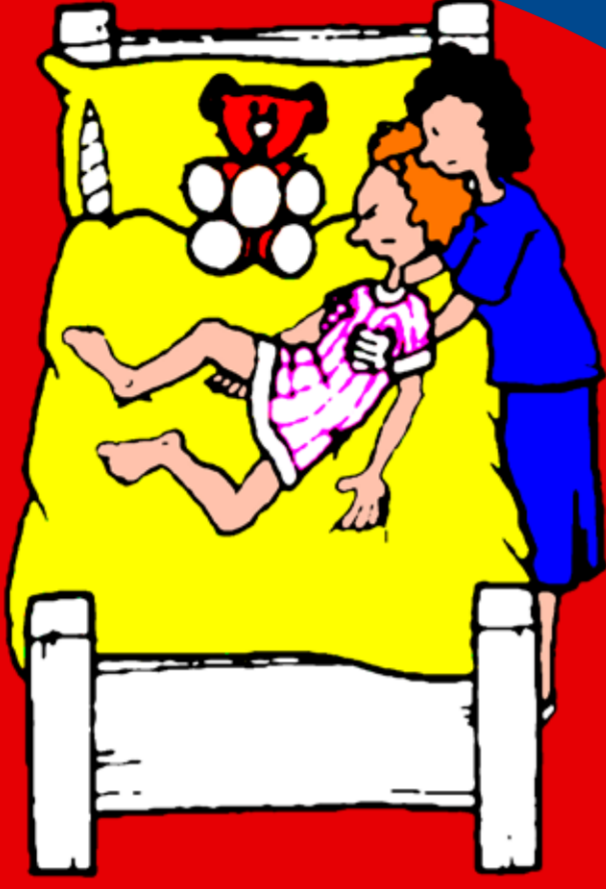
# A Rough Guide to Lying Straight

**Lying 'squint' can cause problems...**

*Our gentle approach helps children & adults to learn to lie straight, improving health and function during the day*



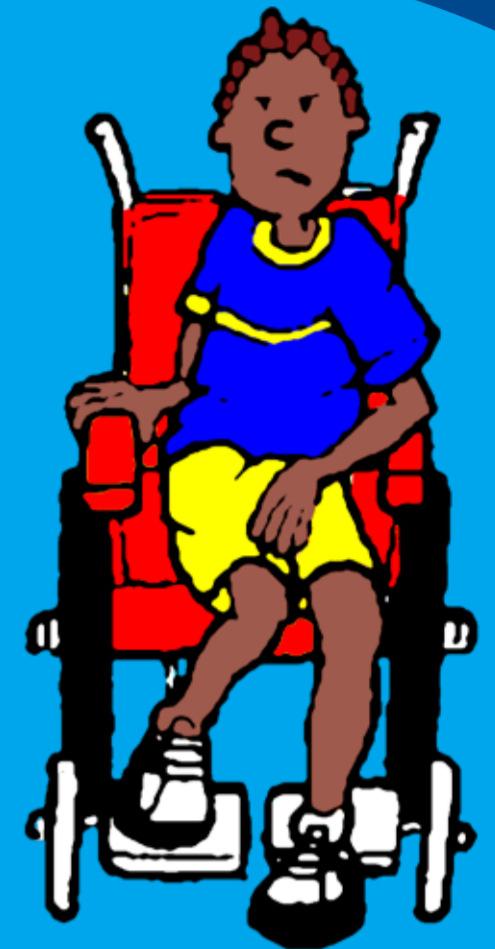
*Lying with knees out to the side...*



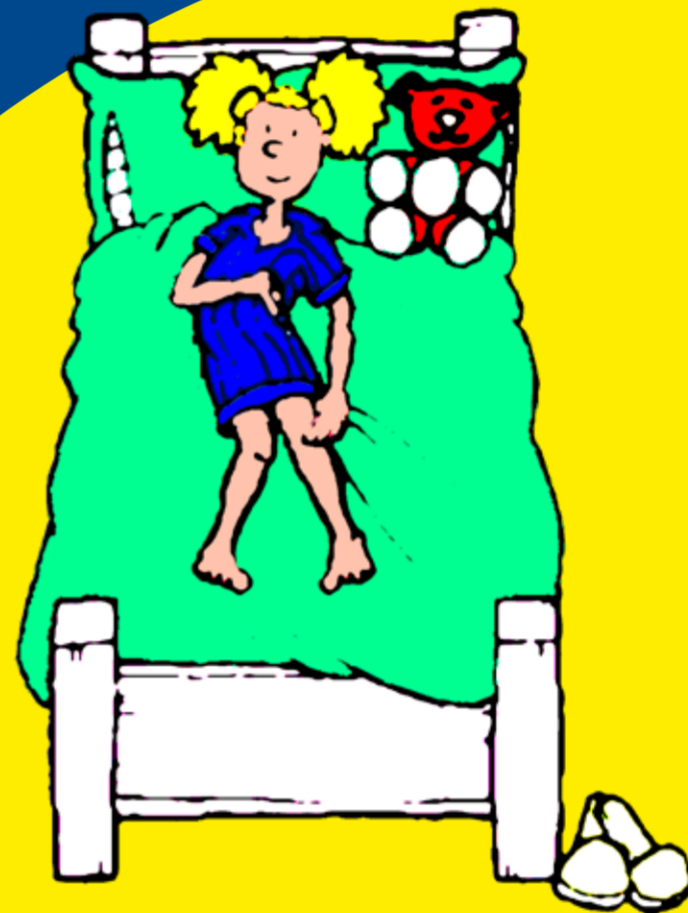
*...makes it a problem to bend in the morning.*



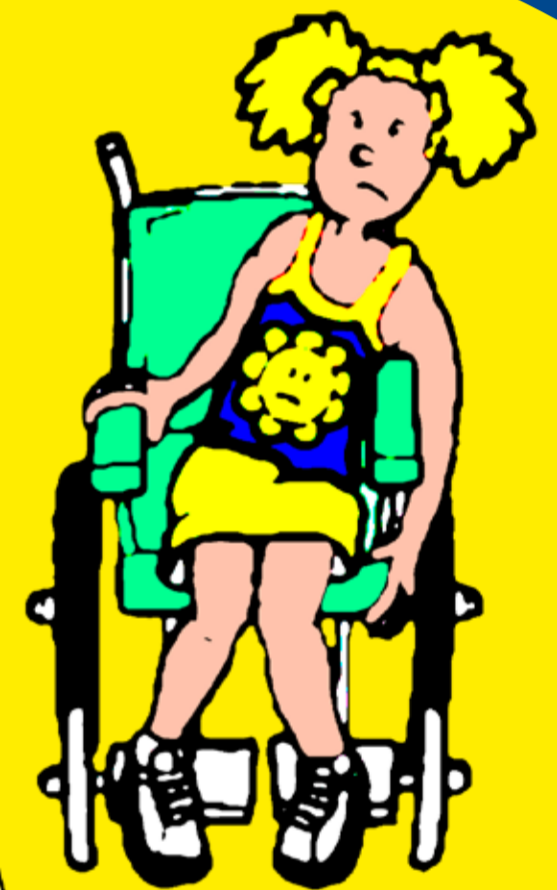
*Lying with legs to one side...*



*...makes it hard to sit straight.*



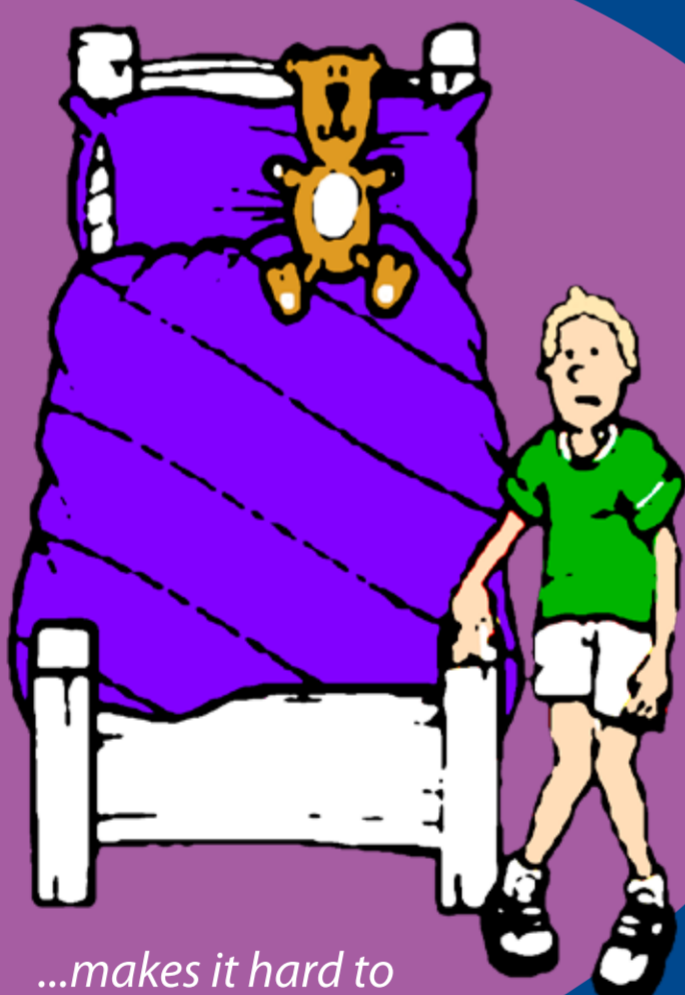
*Lying with a bent back...*



*...makes it difficult to sit straight in the day.*



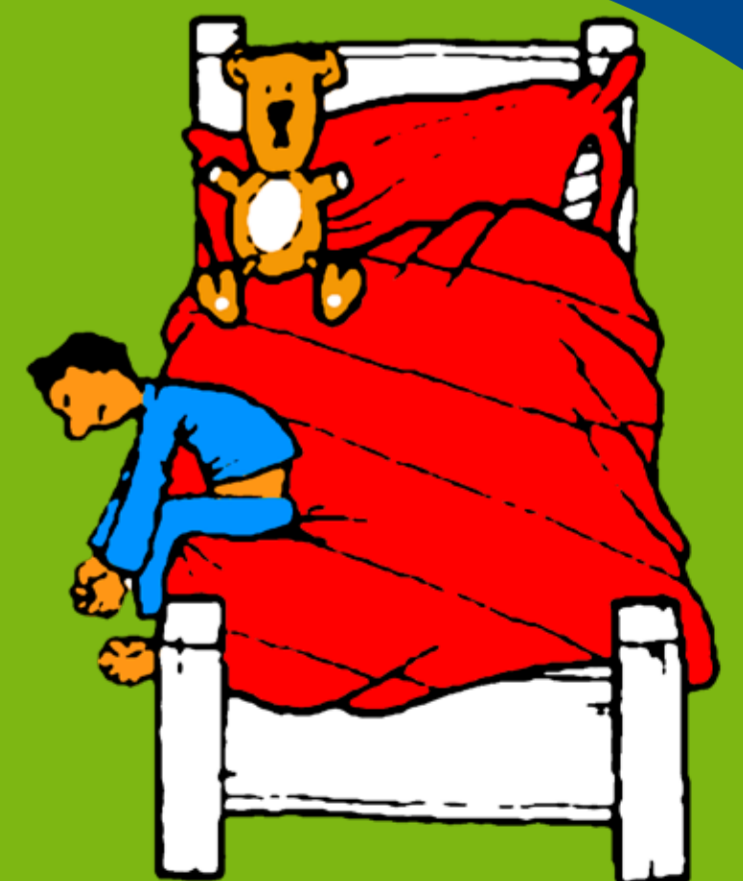
*Lying with knees together...*



*...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**

The answer is **SYMMETRISleep™**  
Support and control in lying