

INSTRUCTION MANUAL

OAKWORKS®

Sleep Support™ System

The Sleep System that Enables
Face-Down Recovery
to Fit Your Life.



Brought to you by



OAKWORKS LEASING™, INC

Versatile, Comfortable the OAKWORKS®

Sleep Support™ System



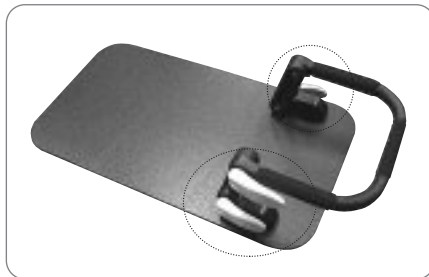
This system is designed to be compliant with face-down recovery requirements as prescribed by your physician. The OAKWORK® Sleep System™ offers comfortable ergonomic support for the head, neck, shoulders and lower back allowing you to get a good nights sleep.

face-down comfort

Product Description



Torso Cushion



Face Support Platform -
Cam Locks circled

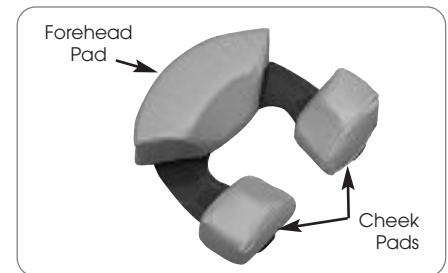


Crescent Face Cushion



Left White Cam Lock
(unseen in picture;
see it above on
Platform)

White Cam Locks (2)



3-Pad Face Cushion
w/Face Plate



Flannel covers for both style of
cushion & instructional video

Sleep Support™ System

Use Instructions

How to Use the Sleep Support System™:

Setting-Up and Using the Sleep Support System™:

- Place the Face Rest Platform on top of the mattress, at the head of the bed. Next place the Torso Cushion flat side down, with the angled part of the cushion aimed towards the foot of the bed. (Fig. 1)
- Lie on top of the Torso Cushion; your shoulders should be positioned near the edge of the cushion near the face rest. (Fig. 2)
- Verify that all 3 white cam locks are unlocked. Holding the U-shaped bar of the Face Rest Platform, (the Face Rest Cushion is attached to the platform with Velcro® brand hook & loop fastening strips) pull the face rest toward you until your forehead rests comfortably on the Face Rest Cushion. You can move the cushion around in this unlocked position until your neck, head and shoulders are comfortable and supported.

► *Note: The recommended position for the face rest should be horizontal but angled slightly down so your forehead is lower than your chin. (see Fig. 2) You should be looking face-down at the back of the Face Rest Platform.*

The face rest should be in a horizontal position with your face parallel to the mattress. Gently tighten the cam locks to lock the face rest in place. (Fig. 3)

- You may find you will need to adjust the Torso Cushion by moving it further away or closer to the Face Rest for optimum comfort and support. You can also adjust the Face Rest Cushion by moving it on the platform. It is attached with hook & loop fasteners and moves easily; just pull up and reposition it.
- To relieve tension in the lumbar region, you can use a pillow under the lower legs to raise them a bit, loosen the possible strain and relax in an ergonomic position. (Fig. 4)



Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6



Fig. 7

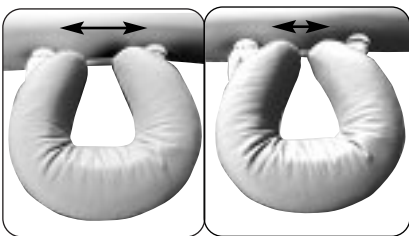


Fig. 8a

Fig. 8b

Setting-Up and Using the 3-Pad Face Cushion:

The 3-Pad Cushion can be used in place of the Face Rest Cushion for use with your eye patch or globe.

- Attach the Black Support Plate to the Face Support Platform. It attaches to the U-bar of the platform with Velcro® brand hook & loop fastening strips. (Fig. 5)
- Place the forehead pad on the support plate first. The pads attached to the support plate with the hook & loop fasteners as well. Lay down on the Torso Pad and hold the cheek pads up to your face where they are the most comfortable. Be sure they are not in the way of your eye patch or globe. (Fig. 6)
- Still holding the cheek pads to your face, lean forward onto the support plate until your forehead rests on the forehead pad and the cheek pads contact the fastening strips on the plate. (Fig. 7)

Additional Tips :

- The Face Rest Cushion can also be adjusted for larger or smaller faces by flexing the ends of the cushion further (Fig. 8a) or closer (Fig. 8b) apart. Hold the cushion in the desired position and place it on the U-shaped bar of the Face Support Platform where the Velcro® brand hook & loop fastenings strips will hold it in place
- All parts of the Seated Support can be cleaned using a mild detergent or Green Windex. A diluted $\frac{1}{100}$ bleach solution for disinfecting can be used. Dry the equipment immediately to remove excess cleaning solution. Using strong cleaners that contain alcohol, acetone, higher concentrations of bleach can shorten the life of the fabric or discolor it.

Returning a Rental Unit:

When the doctor has informed you that you no longer need to maintain the face down position, you simply follow the *Equipment Return Instructions* included on the yellow laminated card that is attached to the unit. Use the included checklist to be sure all items are accounted for and returned.



OAKWORKS LEASING™, INC

923 E. Wellspring Rd., New Freedom, PA 17349
800-916-4592 717-235-6807 FAX: 717-227-3133
www.owleasing.com