

Hints and Tips for sitting up in bed with a pillow lifter

Comfort:

- > If you have severe back problems you may want to try out equipment before you buy it.
- > When sitting up in bed, if it is not comfy to have your legs flat, you can bend your knees up so that your feet are flat on the bed. Putting a cushion under your legs will help to support them. This will also help stop you from sliding down the bed when you sit up.

Other equipment/accessories:

- > If you have a very soft mattress that dips in the middle it will be difficult for you to use a pillow lifter, as you will sink down into the mattress and your body may then be in the wrong position.
- > This product has to be plugged into an electric socket so please ensure any wires are tucked away so that they are not a tripping hazard.
- > Pillow lifters should be checked often to ensure that they are in the correct position and have not moved out of place.

Using the hand controls:

- >** Keep the hand control near your bed, so you can easily reach it when you need it. You may find it helpful to use a safety pin to attach the cable to the bedding.