

## Hints and tips for sitting up in bed with a mattress elevator

### Comfort:

- > If you have severe back problems it might be worthwhile to try out equipment before buying.
- > When sitting up in bed, if you find it uncomfortable 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.
- > If you suffer with dizziness or vertigo, some mattress elevators move at a speed that may affect your condition. It would be a good idea to find one of the slower moving ones.

### Other equipment/accessories:

- > If you often use an electric blanket, please check the manufacturer's instructions as you may not be able to use it with a mattress elevator.
- > If you already have other equipment to help you in bed, you may need to remove this before using a mattress elevator.
- > You may need to reposition any bedside table you use, as when using a mattress elevator to raise yourself to a sitting position, the bedside table will be further behind you than it would have been before.

- > 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.
- > Mattress elevators should be checked regularly to ensure that they are in the correct position and have not moved out of place.
- > Please also regularly check that the mattress is positioned correctly on the bed, as using a product with moving parts can cause the mattress to slowly move out of position.

### **Using the hand controls:**

- > Keep the hand control near your bed, so you can easily reach it when you need it. You may find attaching the cable to the bedding helpful.

### **Overall use:**

- > If your mattress is split into two sections, please ensure that the sections are clipped together before using a mattress elevator.
- > If using a mattress elevator on a divan bed with drawers, you may find that the fixing straps interfere with the use of the drawers.
- > It is advisable to use fitted sheets with a mattress elevator as they are less likely to come loose.