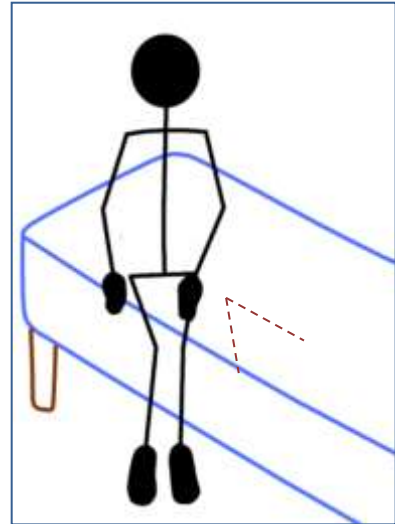


## Hints and tips on getting in and out of bed

### Getting in bed

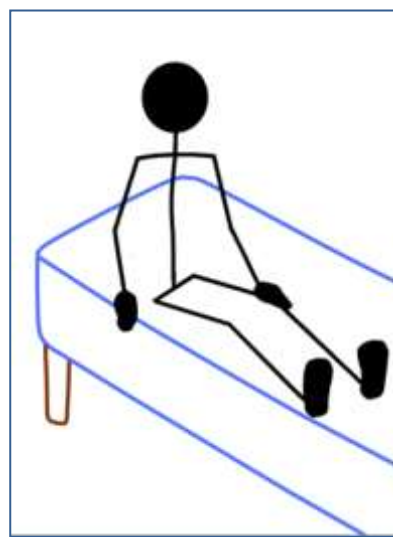
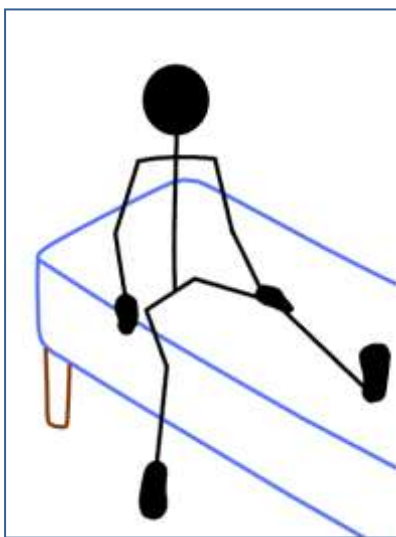
**Step 1:**

Sit on your bed near the pillow end at the angle shown in the diagram



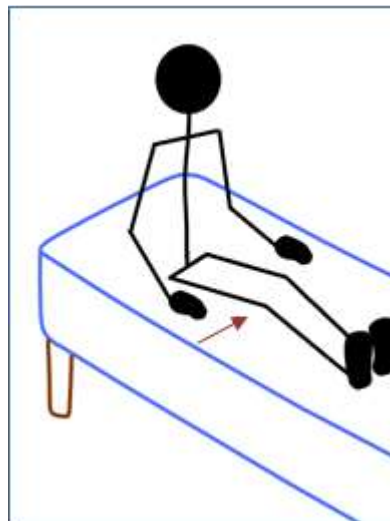
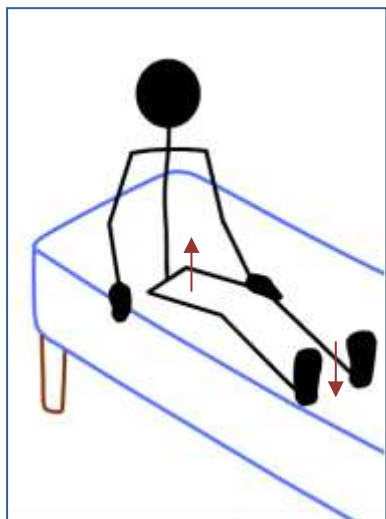
**Step 2:**

Lift one leg at a time up onto the bed



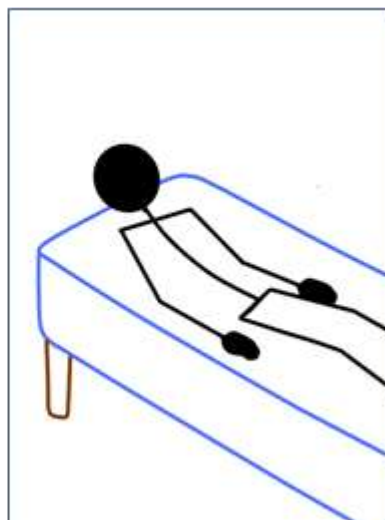
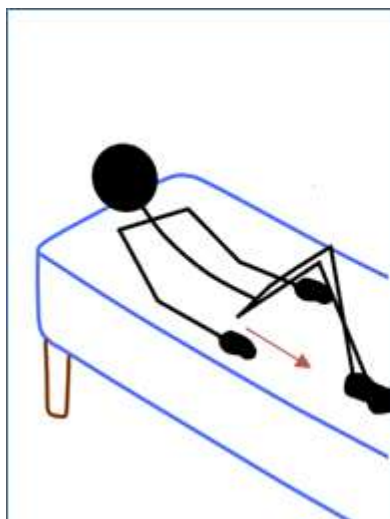
**Step 3:**

Move further into the bed by digging your heels in & lifting your bum



**Step 4:**

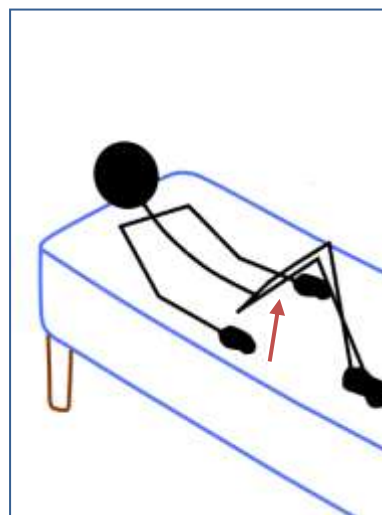
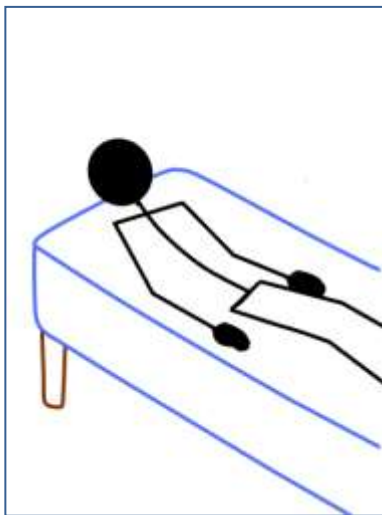
Move down the bed and lie flat



## Getting out of bed

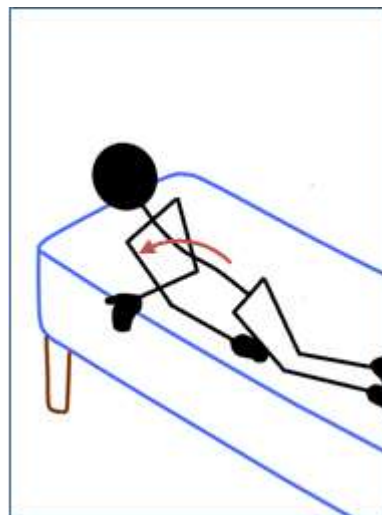
### Step 1:

Bend your knees up so your feet are flat on the bed

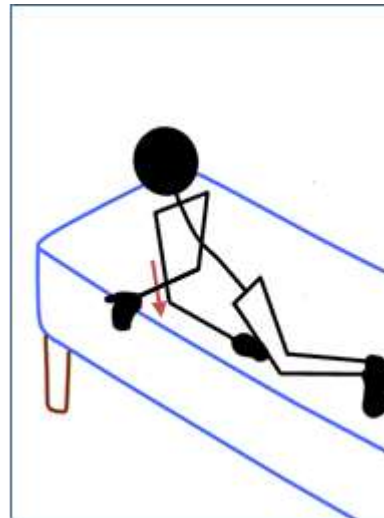


### Step 2:

Roll onto your side



**Step 3:** Lean onto your elbow and push yourself up



**Step 4:** Lower one foot at a time onto the floor

You may find it helpful to sit for a moment or two before standing up.

