

Therapist Guide

The New Plant Based Medical Grade Range by



CONTENT

1 ABOUT US
How it all began....

3 FEATURES & BENEFITS
What's the secret?

7 SCIENTIFIC EVIDENCE
Pressure mapping

9 CASE STUDY
Before & After

11 PRODUCT RANGE
Available for Trial

13 STEP BY STEP
Building the seat

15 POSITIONING
24hr Positioning made Easy

31 TESTIMONIALS
People who love our product

33 PARTNERS
Who's using Sleep n Rest

24hr Positioning Supports, Sleep & Seating Systems

Our Healthy Alternative to Foam

How it all began....

Discovery of a buckwheat pillow in a Tibetan village...an amazing night's sleep & manufacturing of Pure Earth sleeping pillows began.

Some years later....

A severe neck injury from a massage... ending my own massage career

The positive outcome...

Experiencing debilitating pain and the need for functional postural support, I spent the next 3 years developing our Sleep n Rest positioning system.

WANT ONE?

If you're a Physiotherapist or Occupational Therapist and would like more information on a product presentation or trial, please register here so we can contact you.

<https://pureearthaustralia.com/therapist>

24hr Positioning Made Easy!



Australia's only NATURAL, MULTIFUNCTIONAL SYSTEM MOLDABLE, COMFORTABLE, SUPPORTIVE

- ✓ INFECTION SAFE
- ✓ ADJUSTABLE
- ✓ CHEMICAL FREE

No more rolled up towels or time consuming washing...

JUST WIPE DOWN!

MEDICAL | ALL ABILITIES | AGED CARE | HOME



What's the Secret?

Our Supports don't COMPRESS or breed BACTERIA like FOAM.

A 'Patented' blend of old & new technologies...



Outer Cover

- ✓ Durable, Fluid Proof, Chemical Free
- ✓ Eco Friendly Medical Grade Polyurethane
- ✓ Infection Safe, MRSA Resistant

Inner Casing

- ✓ Flexible...multi directional stretch, offering a self adjustable feature

Inner Fill

- ✓ 100% organically grown buckwheat husk



- ✗ Non biodegradable, toxic to environment.
- ✓ Natural, chemical free biodegradable fill.



- ✗ Synthetic fibres - a breeding ground.
- ✓ Resistant to Bacteria, Fungi, Dust Mites, Microbes.



- ✗ Phthalates, Heavy Metals, Latex.
- ✓ Breathable, Hypoallergenic & Antibacterial.



- ✗ Stitched fabrics split and fluids can permeate.
- ✓ Fluid Proof High Frequency Welded Seams.

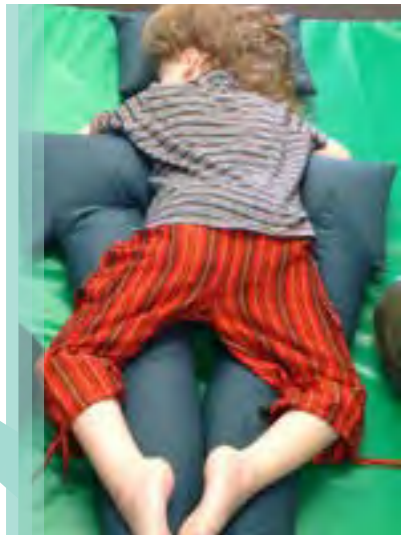


- ✗ Short commercial lifespan
- ✓ Solution Wipeable for Infection Control MRSA.



- ✗ Synthetic fabrics are heat conductors.
- ✓ Thermoregulation covers - cool, super soft, pressure management.

How Does it Work?



■ Our Positioning, Sleep and Sitting Systems easily mold to shape providing maximum, stable, safe support and lasting comfort without 'restricting' or 'containing' limbs/body.

■ With quick, simple adjusting of the husk, the position can be altered for more or less support

■ The unique way the husk interlocks enables the position to hold without the compression, 'spring back' or 'give' like foam...allowing muscles to RELAX, reducing PAIN, promoting CALM



■ In Seated Positioning - They support the child whilst allowing natural core stabilization, promoting strength & rehabilitation in a subtle way.

■ Great for both low and high tone clients. The key is correct level of fill (self-adjustable) and correct size for each application using weight as an advantage to control movement without 'containing' the person.

■ Adhesive Velcro can be easily applied however so far has not been necessary with correct training and use of the products.

The Scientific Evidence Pressure Mapping

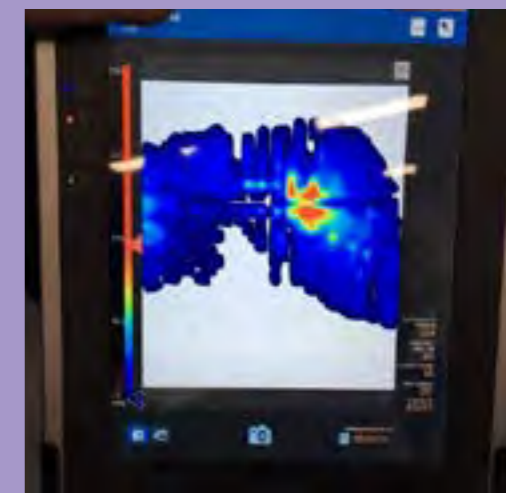
■ **Position 1**

Side lying - fully supported, provides even distribution of pressure



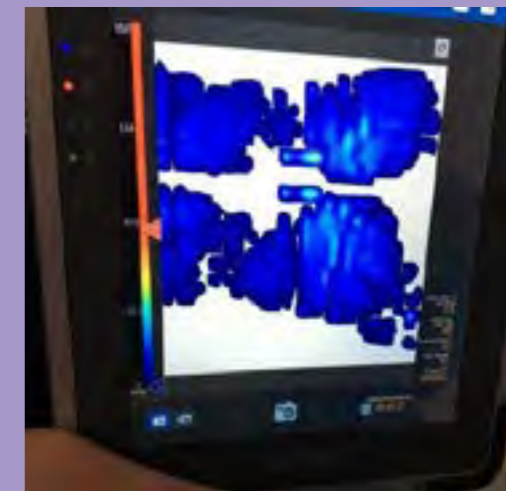
■ **Position 2**

Side lying - no support between knees, shifts pressure showing concentrated area under hip



■ **Position 3**

Supine lying bases alone support the body giving an even pressure distribution



Thermoregulation Covers

- Thermoregulation Covers are available for each sized support.

Super soft, cool, pressure management comfort built in, quick drying, easy on & off stretch Modal fabric. Modal is a natural fibre made from wood so it's even eco friendly!



■ Before



■ After



Our new Sleep n Rest system is just what we needed to allow Jayce to be comfortable and safe in a variety of positions.

Jayce has level 5 dystonic, spastic cerebral palsy. He is unable to move independently and spends a large part of his day lying on the floor in different positions.

We purchased the Sleep n Rest System to help maintain optimal body alignment when sleeping or lying on the floor. We needed something that would support him but not be too rigid and trigger his extension tone.

The system has many different sized supports that can be moulded and adjusted so we can manipulate them to help in various ways.

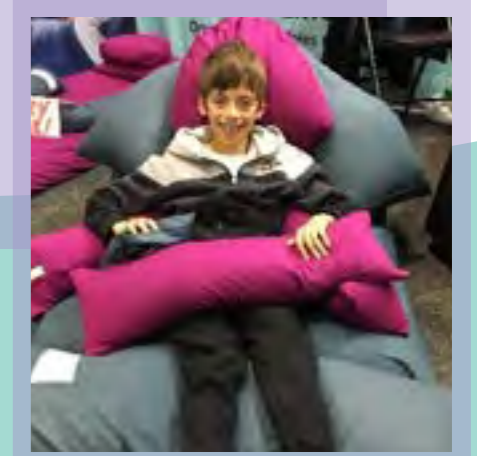
Jayce finds it difficult to maintain a comfortable position due to his strong extension tone. Because the supports are soft and moulds to his body, they are able to support him in a flexed position and decrease the chance of triggering his extension. This allows him to gain more control of his arms, he is very relaxed and more aware of his hands (which is a big plus for us!)

The Sleep n Rest system keeps him midline and helps him to bring his hand to his mouth (something he is otherwise unable to do).

The covers are nice and soft and the flexibility of the beads makes the whole system quite comfortable.

It's nice to have the supports to be able to leave Jayce in a variety of safe positions that are not only comfortable but also beneficial.

Erin



AVAILABLE FOR TRIAL

Bec's Neck
200x300mm



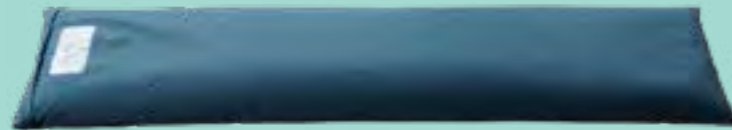
Bailey's Back
400x250mm



Locke's Leg
1500x200mm



Ruby's Rest Short
1000x350mm



Big Dee
400x450x100mm



Little Dee & Big Dee
size comparisson



Our Products

AVAILABLE FOR TRIAL

Tube
500x350mm



Happy Sleeper
500x350mm



Small Base
500x900mm



Medium Base
900x700mm



Large Base
900x1150mm



Little Dee
350x450x100mm



Steve's Sock
700x300mm



Ruby's Rest
1500x350mm



Locke's Leg X Long
2200x200mm



Step by Step

Building the seat



The seat can be used freestanding or against a wall.

Fold the **Large Base** in half to make the back rest. Keep the **Medium Base** against the back rest.

Add the **Small Base** on the top of the back rest. Place **Rubys Rest** on the top of **Small Base**.



Place **Lockes Leg** on the **Medium Base** for wrap around lumbar support.

Put **Steves Sock** on top of **Rubys Rest** for head support.

Big Dee is an alternative head support option to achieve more height.

Under Knee Support

Arm Support or Arm Rest



Use **Rubys Rest Short** for under knee support.

Lockes Leg XLong can be used for an arm support as a lap weight.

Or arm rests at the sides.

Under and In Between Knee Support



Position **Lockes Leg** under the knees. Shuffle the fill along to mould at the centre. Pulling through to make a pommel.

Large Upright Freestanding Seat for Teens/Adults and Medium Height Freestanding Seat for Smaller Children



Add **Steves Sock** on top of **Big Dee** for more neutral head position and upright seating.

To change the Large seat into a Medium, remove the **Big Dee** and **Lockes Leg**.

Take the **Rubys Rest** off the **Small Base** and place on the **Medium Base**. Place the **Big Dee** on top for head support.

Small Seat against Wall for Smaller Children



Place the **Medium Base** against a wall to become the seat. Put **Rubys Rest** on the top of the seat for back support. Place **Little Dee** on top for the head support.

Take **Lockes Leg**, mould and shape it to make a pommel for an easy under & between knee support.

Supine & Elevated Back

Core Products

- Base Large - SChild
- Base Med - Teen
- Base Small - Teen & Adult

Head Options

- Steves Sock
- Happy Sleeper
- Little Dee
- Big Dee

Knee Options

- Lockes Leg
- Rubys Rest Short
- Rubys Rest



Core Products

- Base Large
- Lockes Leg
- Rubys Rest
- Short/ Rubys Rest - stabiliser

Leg Options

- Baileys Back
- Steves Sock
- Becs Neck

Head Options

- Little Dee
- Big Dee
- Happy Sleeper

Side Lying

Convert Bed To Lounge



Core Products

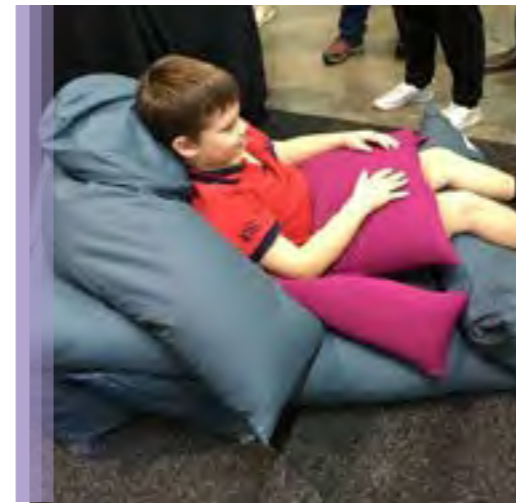
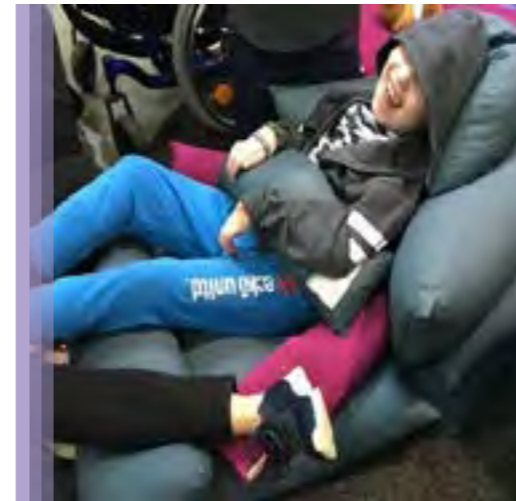
Base Large
Rubys Rest

Lumbar/Leg/Seat Options

Steves Sock
Base Medium

Head Options

Little Dee
Baileys Back



Core Products

Base Large
Base Medium
Base Small
Rubys Rest

Knee Options

Lockes Leg
Rubys Rest Short
Steves Sock

Head Options

Little Dee
Baileys Back
Becs Neck

Comfy Interchangeable Chair

Natural Rehabilitation Building Core Strength



■ Big Dee as lap rest supporting upper torso from falling forward.



■ Lockes Leg wrapped around torso to assist with core stabilising and sitting.



Little Dee with Baileys Back on top supporting upper torso from falling forward.



Core Products

- Large Base folded in half
- Medium Base
- Small Base
- Rubys Rest Short
- Rubys Rest



- Small seat built with Rubys Rest wrapped around to support front of body, allowing independent sitting and torso strengthening.

Hi Dee

It's been 12mths since we got the seating system for Caleb and it has been amazing! Caleb started sitting last Nov, I think largely due to the seating system giving him some independence as well as support to practice his sitting.

Thanks so much,

Alex

TESTIMONIAL FROM PARENT

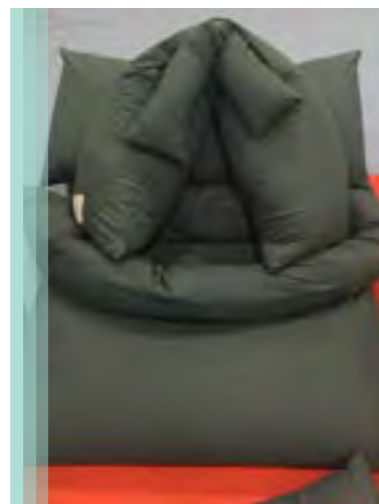
-Child using products above.

Seated and Side Lying using Thermoregulation Covers



- Large Base
- Medium Base
- Lockes Leg XL
- Little Dee (head)
- Rubys Rest Short (along back)
- Big Dee for top leg

- Large Base - folded in half as seat back
- Small Base - on top of large
- Rubys Rest - on top of Small Base
- Medium Base - to sit on
- Steves Sock - under foot
- Baileys Back - RHS torso
- Little Dee - LHS torso
- Lockes Leg - curved under knees
- Becs Neck or Tube - alternative for head.



Adults Aged 19, 40, and 60



- Rubys Rest - between knees and back
- Big Dee - lower leg
- Lockes Leg - folded in half under head

- Rubys Rest - curved for back/upper body
- Big Dee - lumbar, wedged into the gap of Rubys Rest
- Baileys Back - head
- Becks Neck x 2 - R shoulder and L elbow
- Steves Sock - under knee

Layered Seating and Side Lying

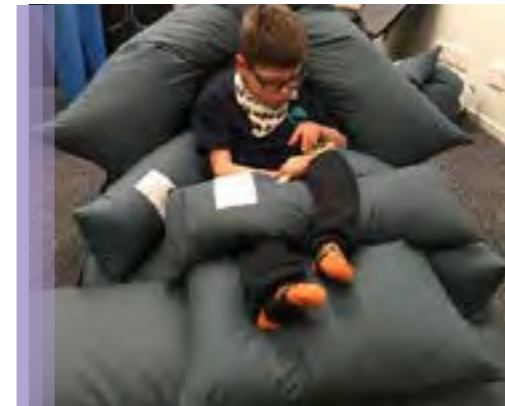


■ Versatile seat to suit all ages.



■ Side lying with flat or slightly inclined at head using another support underneath base.

Layered Seating and Side Lying



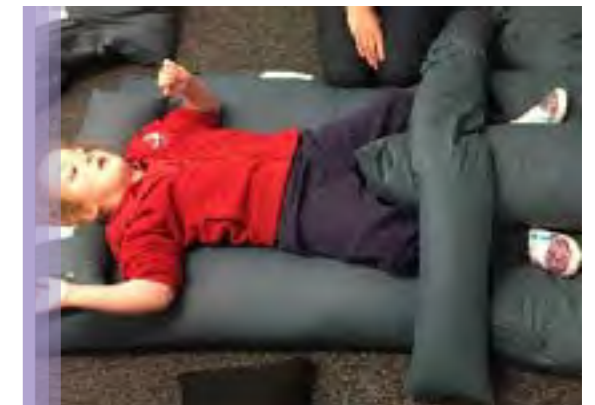
■ Customised seating to minimise 'scissoring' of legs



Above
Adult Side lying - large base propped against wall



■ Side view of large base folded in half and built up with larger pieces to create a seat.



Above
Supine using gentle weighted feedback to achieve hip extension, abduction & external rotation.

Propped Support



Propped supports to assist external foot rotation



Seated and side lying using the same pieces

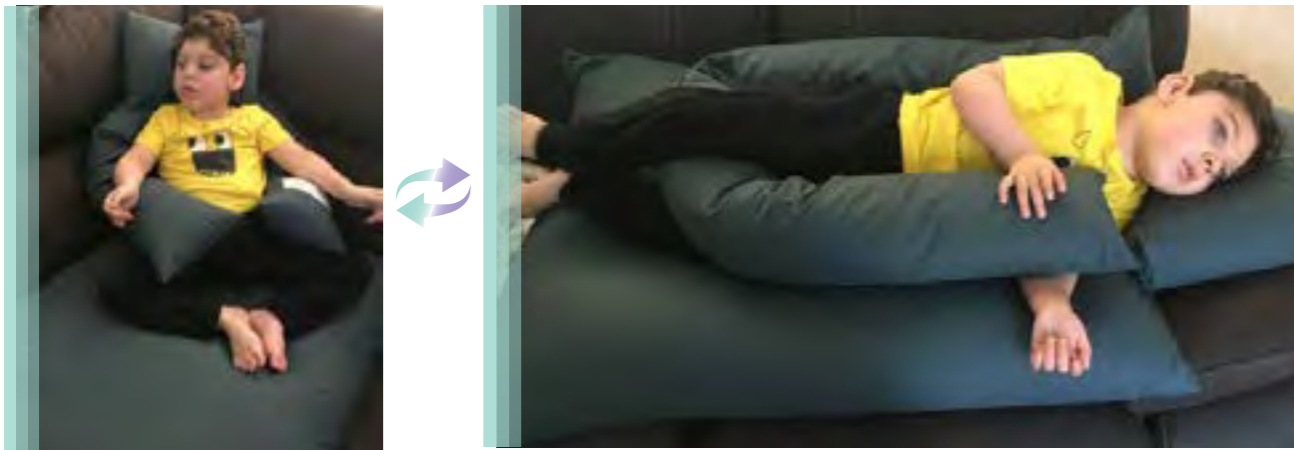


Complex Lying and Seating



More complex positioning using layered pieces as props to achieve the best position

Simple, Supportive Lounge Positions

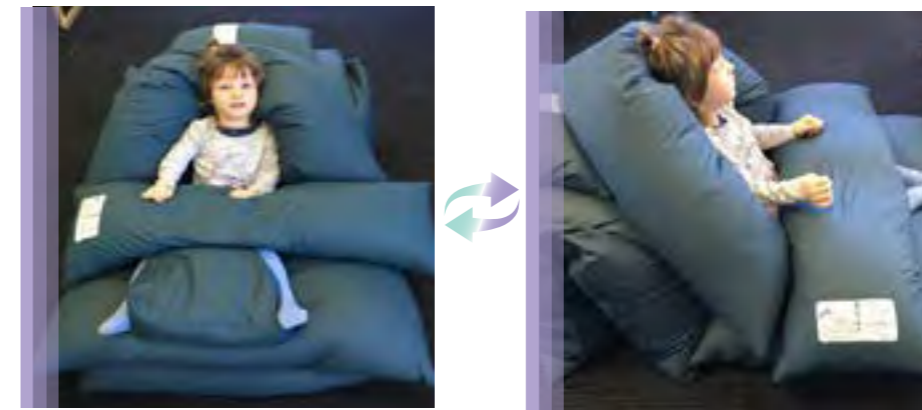


- Medium base side lying - Lockes Leg between the knees, Little Dee head support. Seated, Medium base, a stable seat with Lockes Leg wrap, Little Dee backrest and Baileys Back head support.



- Lounge seated positioning using Lockes Leg under knees, Ruby's Rest as a back U shaped support with Little Dee in the centre for lumbar support & Big Dee as lap weight (Ipad rest!)

Complex Tummy Time, Chair Positions



- Seated - using lap weight to stabilise pelvis, Big Dee between legs to prevent adduction, assisting in hamstring stretch, keeping hips in external rotation



- Tummy time front of large base raised up for incline. Ruby's Rest across her back to help 'anchor' the pelvis.



- Use the weight of larger pieces for a gentle way of controlling movement rather than "containing" the person with Velcro, straps etc.

Our Multi size, Multifunctional Chair



- Use against wall or free standing

- Various configurations 3 sizes of chair, Small, Medium and Large

- Adjustments can be made to alter the recline or be sitting more upright.

Easy Positioning For Scoliosis

Before



After



- Lockes Leg placed down Right side starting at the hip and crossing over under hamstrings.

- Big Dee under Left arm



- Arms, knees & neck well supported



- Lower leg and foot support using Lockes Leg & Steve's Sock

Customer Feedback

Such a great sleep system option for my daughter with complex physical needs. Natural, adaptable, easy to clean! Something simple for a change!!!! It has made such a difference to Ruby's comfort and safety during the night. Other sleep systems never worked as they were too rigid. Ruby's new Sleep n Rest sleeping supports have definitely taken a load of stress off me. The Happy Sleeper allows her head to be well supported, with a slight chin tuck to prevent snoring and potential aspiration should Ruby cough throughout the night. The Ruby's Rest enables Ruby to be placed on either side so to keep her in a safe position throughout the night, and can easily be repositioned from left to right as needed. This supports her scoliosis and allows her knees to be supported and reduce further stress on her spine.

THANK YOU X Rebecca Glover

In love with our new buckwheat sleep supports from the sleep n rest range for my son with quadriplegic Dyskinetic Cerebral Palsy.

We have tried so many different sleep systems with absolutely no luck.

Finally I stumbled across Pure Earth International and their Sleep n Rest range. It's honestly been such a positive change for our little boy.

Previously he could only sleep on his belly and was waking at least hourly and now that we have an amazing side lying set up he is sleeping for much longer stretches and is less restless. Dee has been nothing but helpful and has gone above and beyond to make sure we got the right products for us and I really recommend having a chat to her if you are after a product that obviously has comfort as their number one priority.

Thank you!

Kristy Hislop

We recently purchased a range of Pure Earth Sleep n Rest Positioning Supports for our 4 year old who has complex needs after a brain injury. We found having the product trialled with a physiotherapist was really helpful in order to choose the best combination of supports.

Frankie has poor neck and trunk control and requires regular positioning support.

I have found them to be an excellent product. Hygienic, comfortable and really adaptable.

They enable us to get him into many different positions and stay comfortable as he sinks into them but has firm support. It is much more effective than using foam wedges and rolled up towels etc. and once we get him in a good position the set of different sized and shaped cushions enables us to repeat the position regularly. We have used them successfully to support him lying on side, under his knees to stop sliding down chair or bed, to sit upright and support his trunk, as well as support his head.

We recently used the smaller cushions when we went traveling using them on his travel mattress, plane, car, bike trailer and stroller to get him comfortable at different times. I even used one myself to sleep when traveling to support my neck which can get stiff and thought it was great. We really recommend this product for anyone requiring regular positioning support.

Sarah, Brisbane, QLD

Customer Feedback

OMG. I am so in love with this system! She is happy and not waking up cranky. My other daughter is going into her room of a morning and sitting or laying on the spare bits and talking to her.

My husband went into her this morning and came out with a big smile on his face saying how happy and comfy she looked.

But the biggest game changer for me...No soaked sheets and pillows, way less washing for me...one blanket over the top, no leaking through to the mattress protector.

Everyone is winning so far.

Michelle

Childcare Centre Feedback

The floor cushion (Base) and Ruby's Rest is working perfectly, providing a great alternative for tummy time and supportive sitting. The children are able to feel supported and comfortable at the same time. Educators feel confident that once the child is placed in the positions, such as seated, or tummy time, that they can withstand this position for a period of time and see major benefits in these products in assisting children with postural correction, core stability and improving balance.

Rebecca Glover

Ruby & Ollie's All Abilities Childcare Centre Brisbane

Therapist Feedback

I have trialled the Sleep n Rest with a number of clients with high support needs, and reduced bed mobility, some of them with severe postural distortion. It has worked well to support clients' posture, particularly where there are sensory issues, as well as high tone and postural distortion. It is versatile and adaptable to changing needs over time, can be cleaned and cared for easily, and is helpful to have as a part of a trial/assessment clinical kit.

Once again, thanks so much for lending it to us here, it's been wonderful to show clients!

Gretchen Skorzewski - Physiotherapist CPL-Choice, Passion, Life-Brisbane

I have been using the sleep and rest positioning supports for over two years now, in my work providing physiotherapy services to people with movement difficulties. The weight, moldability, stability, and versatility of the sleep and rest supports is of great benefit to my clients. Secure comfortable positioning promotes relaxation of high tone, enables good alignment for rest or activity, and assists in preventing progression of musculoskeletal deformities. I also regularly use the products as supports during physiotherapy sessions.

An added benefit is that the Sleep n Rest supports are easy to use and maintain, and Dee at Sleep n Rest provides excellent product support!

Fiona McEwan

Physiotherapist APAM Brisbane

Versatile, Value for Money

- ✓ Flexible/Adaptable converts quickly from sleep to seating system!
- ✓ Multiuse use at home or take travelling!
- ✓ Affordable - comparative systems are more expensive and often complex
- ✓ For infants right through to adults

Endorsed & Used By —



"the best we've ever seen"



-  Pure Earth International Pty Ltd
Sunshine Coast, Queensland
-  Dee Smith
-  0406 680 528
-  sales@pureearthaustralia.com
-  www.pureearthinternational.com