

Thevo-Adapt  
*Sleeping Star*  
MiS Micro-Stimulation®



**User Manual**



  
Thomashilfen

## Dear client,

With MiS Thevo-Adapt Sleeping Star you have purchased a therapy system for ill and disabled children, which meets the highest quality demands of home and hospital care. For MiS Thevo-Adapt Sleeping Star we have used high-quality materials, which ensure a long durability.

Before using MiS Thevo-Adapt Sleeping Star we recommend that you read this user manual carefully. It contains a lot of helpful information and hints.

Yours  **Thomashilfen**

### ■ Contents

Sleep disorders of disabled children	11
- Fields of application and clinical pictures	11
Sizes and components	11
The components	12
- The active side element	12
- The adaptors	12
- The wing suspensions	12
- The flexible fibreglass-track	13
Start-up of MiS Thevo-Adapt Sleeping Star	13 - 14
Standard setting – step-by-step	14
- Standard setting at delivery	14
- Adjustment of the adaptors	14 - 15
- Movement / adjustment of the flexible fibreglass-track	15
Conditions of guarantee	15
Methods of disinfection and cleaning advices	16



## ■ Sleep disorders of disabled children

MiS Thevo-Adapt Sleeping Star is a positioning and therapeutic system suitable for children, which has been developed to ease the nightly care of ill and disabled children.

It can be used for the perception support of disabled children, for the support of a good pain therapy, for the development of a physiological sleep pattern, for the inhibition of muscle tensions and for the prevention, and treatment of pressure ulcers.

### Fields of application:

- Perception-, movement-, and development support
- Treatment of sleep disorders of disabled children
- Prevention of contractures
- Inhibition of spasticity
- Support of pain therapy
- Preservation of body image
- Supports / promotes a physiological sleep architecture
- Prevention and treatment of pressure ulcers

### Clinical pictures:

Pain, coma vigil, coma, craniocerebral injury, spina bifida, cerebral palsy and similar clinical pictures, oncological diseases, genetic skin diseases.

## ■ Sizes and components (under frame and customised childrens mattress)

An individual adjustment is facilitated by:

Item code	61300/6	61310/6	61360/6
<b>Size</b>	<b>60 x 120 cm</b>	<b>70 x 140 cm</b>	<b>90 x 170 cm</b>
	<b>23.6 x 47.2"</b>	<b>27.6 x 55.1"</b>	<b>35.4 x 66.9"</b>
- Active side elements (ASE)	14	16	20
- Adaptors	16	18	22
- Flexible fibreglass tracks	8	9	11
- Wing suspensions	16	23	39

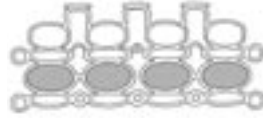
Item code	64421/6	64420/6
<b>Size</b>	<b>90 x 200 cm</b>	<b>100 x 200 cm</b>
	<b>35.4 x 78.7"</b>	<b>39.4 x 78.7"</b>
- Active side elements (ASE)	24	24
- Adaptors	26	26
- Flexible fibreglass tracks	13	13
- Wing suspensions	46	52

**Note:** The mattress has been developed customised for children and is suitable for a body weight up to 60 kg / 132.3 lb. For a body weight of more than 60 kg / 132.3 lb we advise a positioning system for adults. We are happy to offer our assistance.



## ■ The components

### Active side element



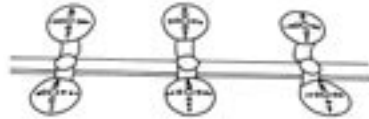
### Adaptor



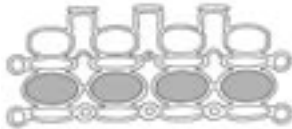
### Wing suspension



### Flexible fibreglass-track



## ■ The active side element



The active side element does not only connect the single flexible fibreglass-tracks, but also offers the possibility to integrate MiS Thevo-Adapt Sleeping Star **into every hospital, children, or juvenile bed.**

Unlike rigid under frames the head and foot adjustments of the bed can still be carried out.

## ■ The adaptors

The adaptors are situated in the active side element (ASE). Through these adaptors the spring way of the flexible fibreglass-track can be restricted as required. **Thus, through various adjustments body parts at risk can be relieved additionally.** By completely taking off the adaptors, the maximum relief is reached.



## ■ The wing suspensions

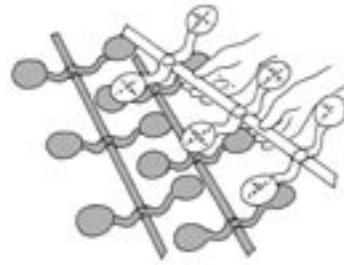


Several wing suspensions situated on one flexible fibreglass-track optimally adapt to the body contours of the child. Thus, an anatomically correct positioning is ensured and the sleep behaviour is influenced positively.



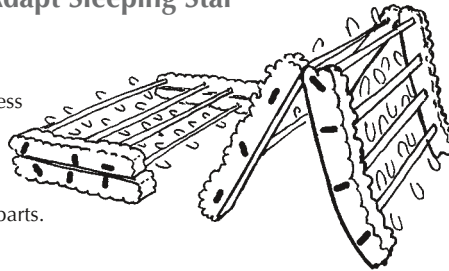
## ■ The flexible fibreglass-track

These tracks are made from a durable material by innovative fibre glass technology (pultrusion). (The flexible fibreglass-tracks are elastic). In addition to a long durability they ensure an optimum lying comfort. The tracks serve to hold the wing suspensions and thus ensure an optimum position and adjustment.

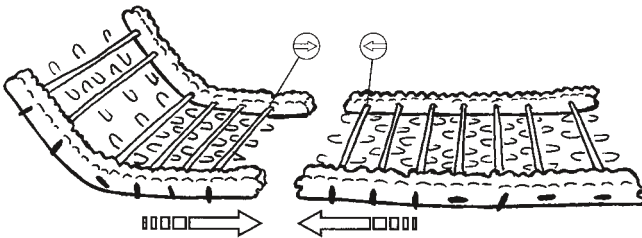


## ■ Start-up of MiS Thevo-Adapt Sleeping Star

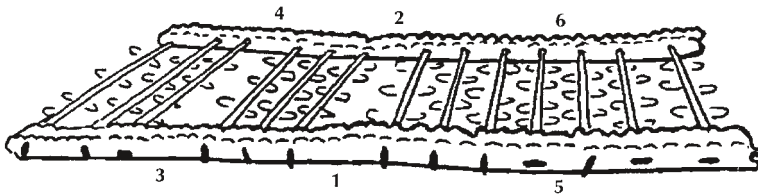
Please note, that the MiS Thevo-Adapt Sleeping Star mattress will be delivered in an extra carton.



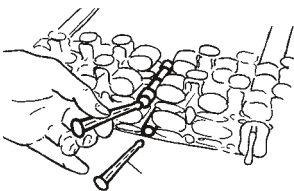
The system will be delivered in two parts.



1. Please put the two parts close together, so that the side elements fit into each other.

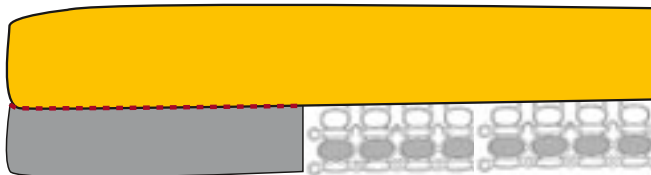


2. The connection thorns have to be placed tight and flush into the side elements at the connection points 1- 6.
3. Lay the under frame on the existing slatted frame or inlay frame of your bed.
4. Now lay the mattress on the under frame.



**Hint:** If you have a bed with side rails you will probably need to use side rail extensions

5. The black fixation flaps of the mattresscover in the head and foot section must be flapped around the under frame and closed with the zipper.



6. The under frame of MiS Thevo-Adapt Sleeping Star is safely fixed to the bed frame with the 4 (6) belts. Thread the belts through the bottom holes of the active side element and then around the tubular frame of the bed. Thread the belt through the buckle and pull it tight. To release the belt, open the buckle and pull out the belt.



**Attention:** If you have a height adjustable bed, please fix the belts to the lifting system.

7. The system can now be individually adjusted to meet the needs of the respective patient.

## ■ Standard setting – step-by-step

### 1. Standard setting at delivery

On delivery the adaptors of MiS Thevo-Adapt Sleeping Star are all set vertically.

### 2. Adjustment of the adaptors

To adjust the adaptors grab below the mattress and pull the flexible fibreglass-track slightly upwards. Now you can turn the adaptor to the desired direction or rather remove it completely. Please ensure that the adaptor grips tight into the stabiliser after every adjustment. Only then an accidental turning of the adaptor can be avoided.

- **Vertical adjustment of the adaptors: stiff**
- **Horizontal adjustment of the adaptors: soft**
- **Adaptors removed: very soft**

#### **General:**

Different fields of application require different adjustments of the system. The adjustment needs to be adapted individually to the kind of illness or disability, and the physique of the child. Gibbus, spasticity, skin diseases, the prevention and treatment of pressure ulcers, reduction of pain etc. require different adjustments.



### Pressure ulcers:

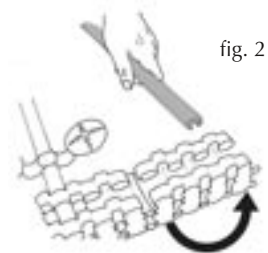
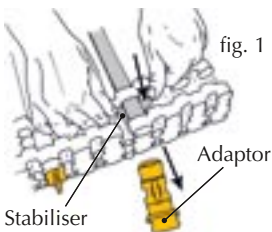
The adaptors have to be adjusted in that way that heavy and sticking out body areas are adjusted softer.

**Example:** the buttock zone should be positioned softer than the thighs.

For other illnesses the adjustment has to be carried out individually.

- Therapists, caregivers, and parents carry out the assessment.
- The adjustments should be checked after 1 hour. Inspect the skin, interview the child, and, if necessary, correct the adjustments. A re-check of the adjustments should be made after 24 hours, and after 1 week; if necessary, another correction should be made.

### 3. Movement / adjustment of the flexible fibreglass-track



If required, the position of the flexible fibreglass-track in the side element can be changed. Firstly, take the adaptor out off the side element. Push the flexible fibreglass-track out off the stabiliser (the stabiliser is situated underneath the flexible fibreglass-track in the side element). Now you can take the flexible fibreglass-track out off the side element. Place the stabiliser in the desired position of the side element and slide in the flexible fibreglass-track. Put in the adaptor again and turn it to the required position.

Instead of moving the flexible fibreglass-track you can also create

1. softer areas (hollow positioning) and
2. more stiff areas.

### ■ Conditions of guarantee

Thomashilfen is certified in accordance with the ISO standard DIN EN ISO 13485 and guarantees the quality of the products they supply. Both material selection and processing meet the very highest of manufacturing standards. Every single part is subjected to final inspection.

Thomashilfen offers you a guarantee of 24 months. You should therefore keep all documents on MiS Thevo-Adapt Sleeping Star very carefully. The guarantee covers all claims on the basis of production or material failure. Damage due to improper use, and natural wear and tear are excluded.



## ■ Methods of disinfection and cleaning advices

### **Mattress:**

All mattresses are autoclavable and therefore suited for re-use.

### **Under frame:**

Simple cleaning: the system can be wipe-cleaned with non-corrosive detergent. Please ensure that the system will be dried carefully after every cleaning.

The system can also be cleaned with disinfectant on alcohol basis.

### **Incontinence cover:**

Washable up to 65 °C / 149 °F, suitable for tumble dryers, breathable, easy to be cleaned by wiping disinfection, due to the zip, the cover can be taken off very easily.

### **Disinfection:**

For the disinfection we recommend two methods accepted by the Robert-Koch-Institute:

- the fractionated vacuum method (VDV-method) up to a max. temperature of 110 °C / 230 °F.
- the steam flow method up to a temperature of 110 °C / 230 °F.

### **Hints:**

A thermal treatment at more than 110 °C / 230 °F causes a premature ageing of the plastic parts and should therefore be avoided. Please make sure when using chemical disinfectants that they are suitable for plastic.