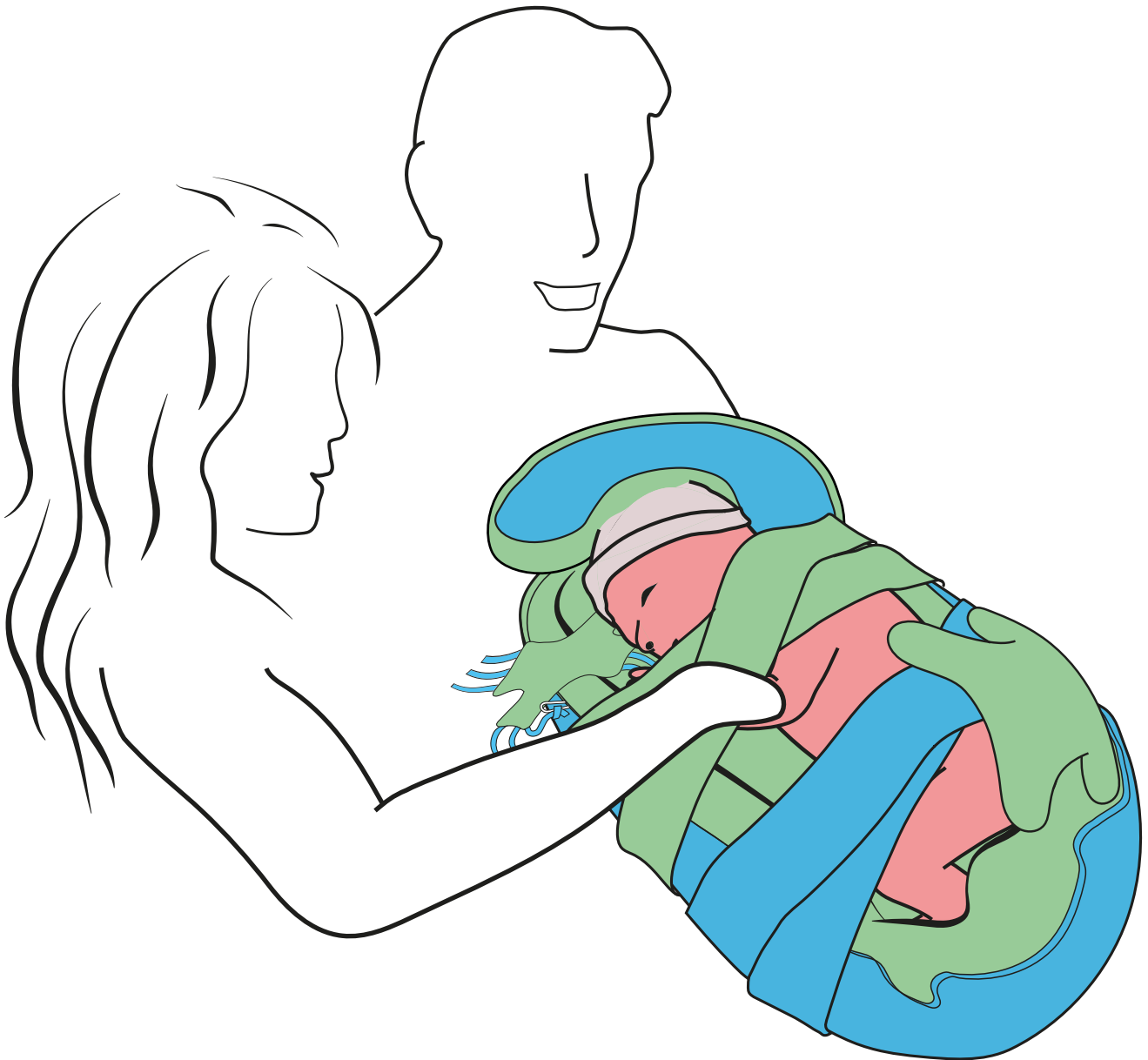


# INSTRUCTION CARD

## Benjamin ComfyNest

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- Use the correct size of nest, see user manual
- Monitor temperature fluctuations
- Do not use in bed
- For monitored use only

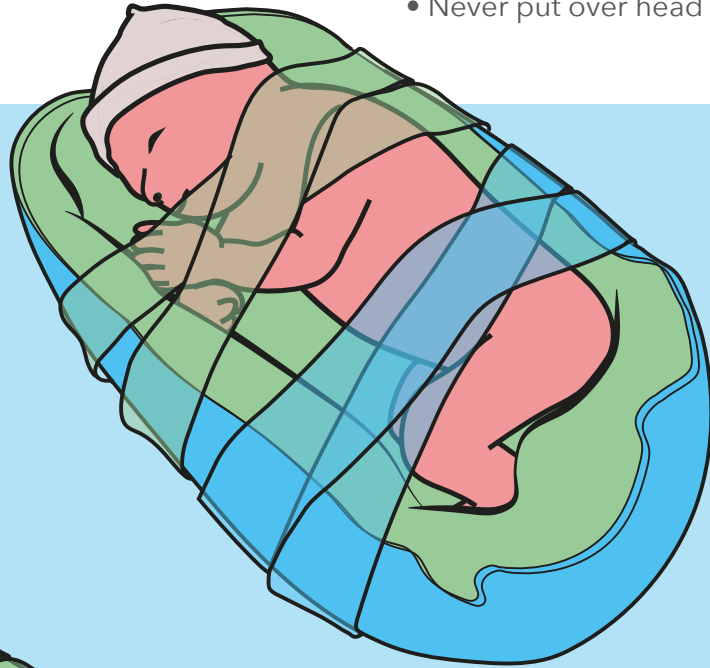
# ComfyNest

## Positioning ComfyNest

- Head neutrally positioned relative to body in midline orientation
- Arms/legs in flexed position
- Feet against side or lower edge
- Mouth-hand contact
- Prevent W-posture arms/legs

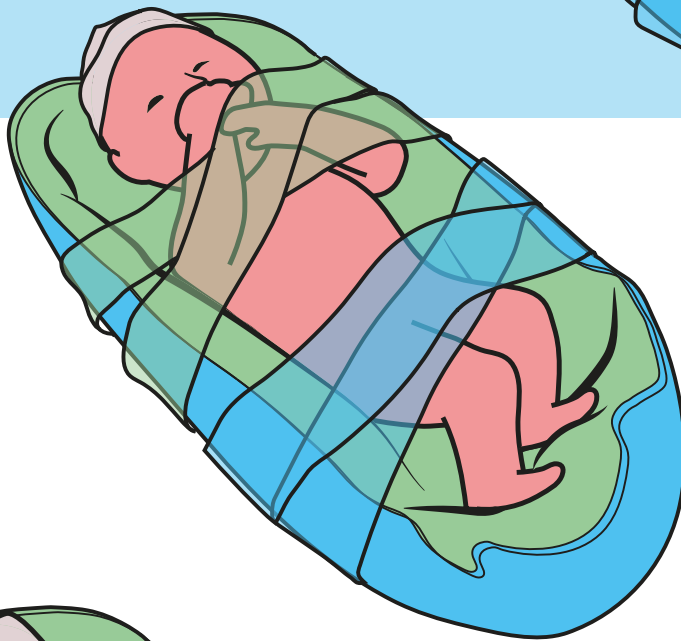
## Use straps

- Restrict uncontrolled movements
- Use where necessary
- Do not tighten excessively or tie in knots
- Never put over head or throat



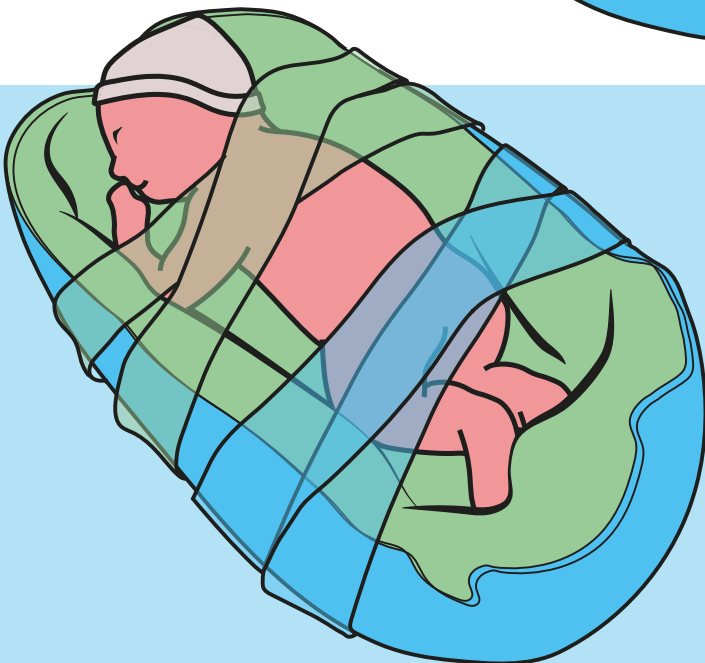
## Lateral position

- Restrict uncontrolled movements
- Use where necessary
- Do not tighten excessively or tie in knots
- Never put over head or throat



## Supine position

- Nest edge provides sturdy restriction
- Extra head support with ComfyPillow
- Shoulders slightly rounded
- Hips slightly bend



## Prone position

- Use tummy roll (not below navel level and not wider than body)
- Shoulders slightly bend and supported
- Legs pulled up
- Edge of nest must provide restriction

