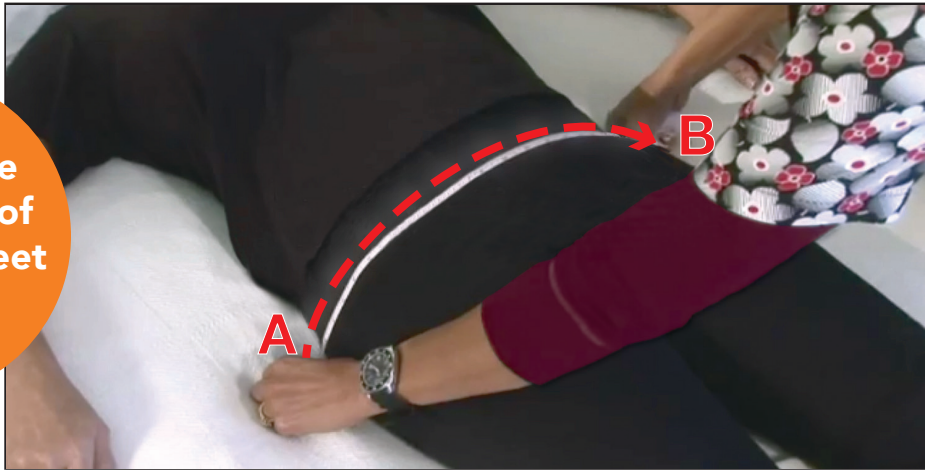


Measuring Instructions for Individual Lying Down

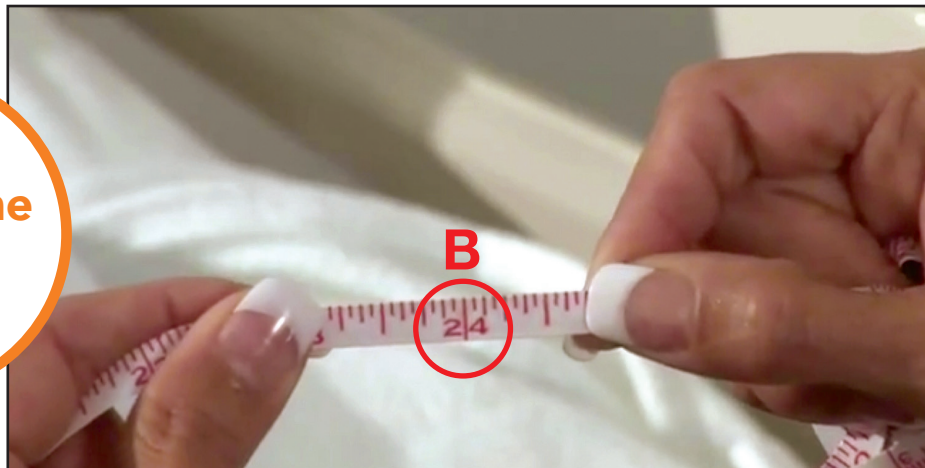
Measure the widest part of the hips – sheet to sheet.



1 While the individual is lying on the bed (supine position), measure at the widest part of the hips.

2 Start the tape measure touching the bed (A). Run the tape measure over the individual's widest part to the opposite side (B). End touching the bed (directly next to the individual's body).

Double the number



3 Take the end number (B) and double it. Write the number on the individual's chart.

Example:
 $24'' \text{ (B)} + 24'' \text{ (B)} = 48''$

4 Compare the final number with the sizing guide. If the number falls between two sizes start with the smaller size.

Example:
 $48'' = \text{Large size brief}$



For questions, call Tranquility Customer Care at 1-866-865-6101 or visit TranquilityProducts.com.

