

# Micro-Cosmos



Rest



Sense of security



Sleep better

A comfortable, low-stimulus environment  
for patients and care facility residents.

# About us

The idea behind Micro-Cosmos originated during a Health Hackathon held by the Radboud University Medical Center. During the hackathon, healthcare professionals got together with experts from other fields to brainstorm about the problem of patients sleeping badly. The solution they came up with was a bed dome designed to ensure that patients are less affected by light and sound. This means patients can sleep better and get well enough to return home more quickly. Following an intensive product development process and thorough testing by patients and healthcare professionals, we are proud to present the finished product.



## Mission and vision

We believe that we can actively use the patient's surroundings to contribute to a speedy recovery. By creating an environment that reduces intrusive light & sound and provides privacy & comfort, we enable the patient or client to feel secure and get more rest. A restless patient also places higher demands on healthcare workers. An environment that is more restful for the patient will also create a calmer environment for healthcare staff.

# In hospitals

More than half of patients sleep badly in hospital. On average, patients sleep for an hour and a half less than at home. Even though sleep is extremely important for their recovery. Most disturbance on hospital wards is caused by the intrusion of light and sound coming from medical equipment, other patients and nursing staff.

The Micro-Cosmos helps hospital patients to recover by providing them with their own comfortable, personal environment. By reducing light and sound intrusion, we ensure that patients are able to get more rest and sleep better. The Micro-Cosmos also offers privacy whenever the patient feels the need for it.

## Micro-Cosmos provides:



76% of patients experience more rest and privacy



Fewer calls for nursing staff during the night



Sleep quality improvement by 30%



# In nursing homes and residential care homes

Restless nights are a common problem, particularly for people with dementia. Knock-on effects can include getting out of bed frequently, sleeping during the day, aggression, agitation, increased muscle tone and vocally disruptive behavior.

People with dementia are easily overstimulated as their brain is less well able to process and filter stimuli. So they have a particular need for a comfortable, low-stimulus environment. The Micro-Cosmos helps us to create a better environment for residents to rest and sleep in.

## Micro-Cosmos provides:



A calmer atmosphere on the ward



Residents don't get out of bed as often



Residents get more uninterrupted sleep





## Easy to install

The Micro-Cosmos is mobile and easy to wheel behind the bed. Make space at the head end of the bed and position the Micro-Cosmos there behind the bed. Make sure that the Micro-Cosmos and the bed are touching. Fix the Micro-Cosmos in position by locking the brake on the castors.



## Opening and closing

Use the handles to open and close the Micro-Cosmos. The bed dome does not need to be closed completely and can be fixed in any position you like. The Micro-Cosmos does not restrict patients and residents from moving around freely, as they can get out from under it themselves.



## Calming interior

The interior of the Micro-Cosmos is decorated with restful images to encourage patients and residents to get plenty of rest. Forest images have been chosen because research shows that they have a positive effect on rest and wellbeing.



## Cleaning

Clean the Micro-Cosmos after each use. For example, using a damp microfiber cloth or Wecoline Clean 'n Easy cleaning wipes. If the Micro-Cosmos needs to be disinfected, use products such as alcohol wipes (70%), Bacillol (30 or AF) wipes or Incidin OxyWipe wipes. These products will not harm the surfaces of the Micro-Cosmos.

# Technical information

The Micro-Cosmos fits behind standard hospital and care facility beds. It is suitable for use with beds that are up to 107 cm wide.

When the Micro-Cosmos is closed completely, an average sound reduction of 3 dB(A) is achieved. Sound spikes above 40 dB(A) are reduced by 40%.



## **Interior dimensions:**

1080 mm

## **Dimensions when folded:**

749 × 1250 × 1300 mm

## **Dimensions when unfolded:**

1300 × 1250 × 1450 mm

Length x Width x Height

**Scan the QR-code for more  
information about our products**



✉ info@micro-cosmos.nl

☎ +316-49397363

🌐 www.micro-cosmos.nl

📍 Toernooiveld 100  
6525 EC Nijmegen



 **Rest**

 **Sense of security**

 **Sleep better**