

# ENERGY CONSERVATION TIPS

## HYGIENE

GBS/CIDP

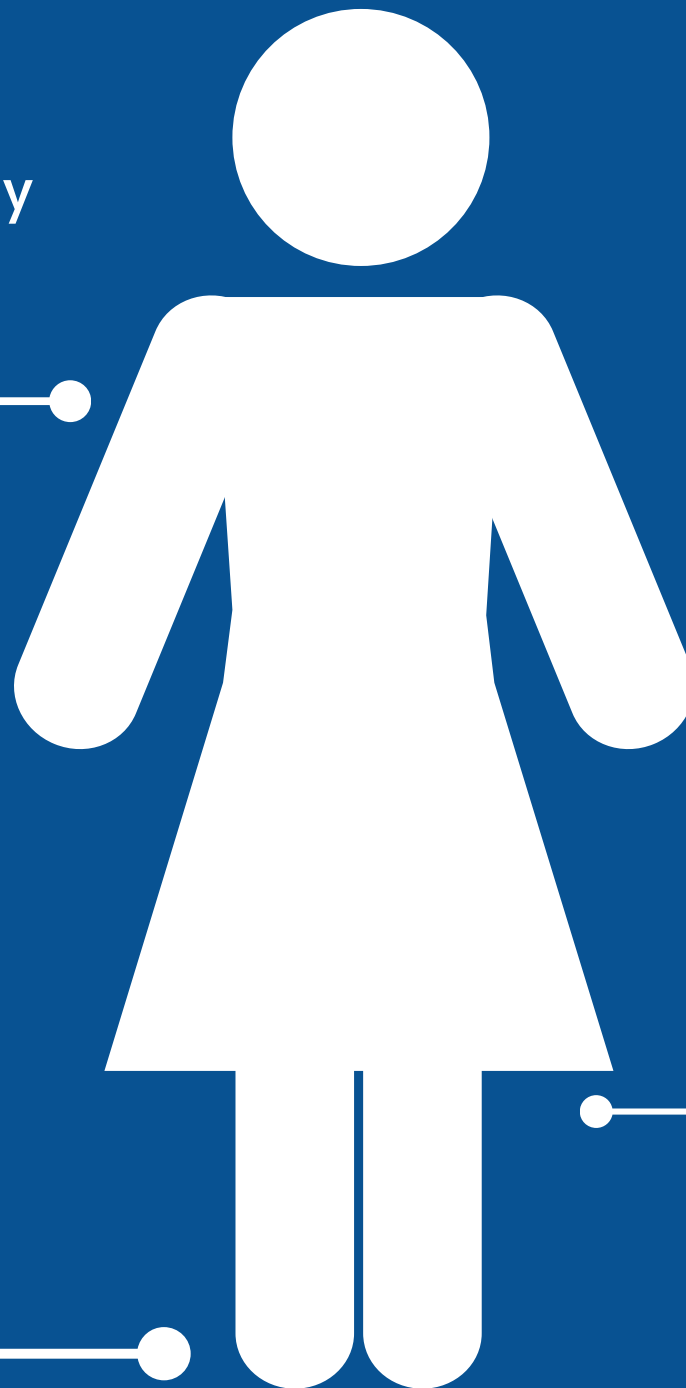
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SGB/PDIC

Dry off with a terry cloth robe. You use less energy than drying off with a towel.

Use the bathroom equipment suggested by your Occupational Therapist. For example using a bath bench, bath stool, grab bars or a raised toilet seat can make bathing and toileting easier and safer.



Be cautious when bathing. Use warm, not hot water. This helps eliminate shortness of breath from a buildup of steam and condensation.