

Use and Care Instructions

By carefully following the use and care guidelines described below, weighted blankets will provide you with many years of useful service. Before using the weighted blankets Sensory Blanket, it is important to carefully read and understand all of the use and care instructions. In addition, please file this important information in an accessible location for future reference.

How it works:

The Sensory Blanket is filled with just enough non-toxic Poly-Pellets to provide deep pressure touch stimulation without uncomfortable restriction. The deep pressure from the weight causes the body to produce serotonin and endorphins, which are the chemicals our bodies naturally use to feel relaxed or calm. In combination with the darkness that occurs during the nighttime hours, the pineal gland converts serotonin to melatonin, our natural sleep-inducing hormone. Animals and humans alike tend to feel a sense of security when swaddled, so having a weighted blanket wrapped around the body eases the mind, allowing for complete relaxation.

What can it help:

- Promoting Sleep
- Reducing Anxiety
- Helping to calm down
- Improving Cognitive Function
- Helping Overcome the Oversensitivity to Touch
- Pacifying Obsessive Compulsive Disorder

Who can benefit from:

Research has shown that a sensory blanket can provide positive outcomes for people with a wide variety of disorders and conditions. Our sensory blanket can provide relief, comfort and can help supplement sensory disorder therapy treatment for the following:

- Sensory Disorders
- Sleep Insomnia Disorders
- ADD/ADHD Spectrum Disorder
- Asperger's and Autism Spectrum Disorder
- Anxious Feelings and Panic symptoms, Stress and Tension.
- Sensory Integration Disorders/Sensory Processing Disorders

How to use your weighted blankets Sensory Blanket:

The weighted blankets Sensory Blanket can be used in various ways: placing it in the lap, on the shoulders, over the neck, on back or legs and using it as a full body cover in bed or while you are sitting.

USE PRECAUTIONS:

- Do not swaddle or force one to use a sensory blanket. The blanket should be provided to them and used at their will.
- Do not cover user's face or head with the sensory blanket.
- If damage is noted, discontinue use immediately until a repair / replacement can be made.
- Poly Pellets are non-toxic and hypo-allergenic, however with any non-edible item, should not be ingested.


How to care for your weighted blankets Sensory Blanket:

Remove inner section from the outer cover section before washing. To separate the two components, locate the zipper sewn into the edge of the blanket. Slide to open the zipper to release the hoops and remove the inner section.

- MACHINE WASH COLD
- HANG TO DRY
- DO NOT BLEACH
- WASH WITH LIKE COLORS
- DO NOT DRY CLEAN
- DO NOT IRON

IMPORTANT INFORMATION

BEFORE USING YOUR NEW WEIGHTED BLANKET:

1. Your new blanket is a **TWO** part blanket consisting of an inner weighted section and an outer cover. It is important to properly secure the inner weighted section to the cover **ON THE INSIDE OF THE BLANKET** prior to using it to prevent the inner weighted section from moving and bunching up during use. To do this, open the zipper on the edge of the blanket and locate the tie-down ribbons located on the inside of the cover and feed them through the loops sewn onto the inner weighted section. (note that tie-downs are located in each of the 4 corners as well as along the side depending on the size of your blanket) Tie the open end to secure the two components together as shown in the image.
2. All weighted blankets are naturally warmer than a traditional blanket. If you are a hot sleeper it **MAY BE NECESSARY TO LOWER THE TEMPERATURE OF THE ROOM** by a few degrees to make sleeping more comfortable.
3. Before using, suggest to wash the cover which will be more clear after a long time shipping.

WHAT WE CARE ABOUT IS NOT ONLY THE PRODUCT BUT YOUR HEALTH.
10% body weight pressure one night, 100% full energy for new day.