

Everything You Need To Know About Weighted Blankets And Deep Pressure For

Weighted blankets are a type of therapeutic blanket that is designed to provide deep pressure stimulation. Deep pressure stimulation is a type of therapy that has been shown to be effective in reducing anxiety and stress, improving sleep, and reducing pain.



The Weighted Blanket Guide: Everything You Need to Know about Weighted Blankets and Deep Pressure for Autism, Chronic Pain, and Other Conditions by Eileen Parker

★★★★☆ 4.6 out of 5

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How Do Weighted Blankets Work?

Weighted blankets work by applying gentle pressure to the body. This pressure is thought to stimulate the release of serotonin, a neurotransmitter that has calming and relaxing effects. Serotonin can help to reduce anxiety and stress, and it can also promote sleep.

Weighted blankets can also help to reduce pain by blocking out sensory input. This can be helpful for people who suffer from chronic pain

conditions, such as fibromyalgia or arthritis.

What Are The Benefits Of Weighted Blankets?

Weighted blankets have a number of benefits, including:

- Reduced anxiety and stress
- Improved sleep
- Reduced pain
- Improved mood
- Increased relaxation

Who Can Benefit From Weighted Blankets?

Weighted blankets can benefit people of all ages and abilities. They are particularly helpful for people who suffer from anxiety, stress, sleep problems, or pain.

Weighted blankets are not recommended for people who have certain medical conditions, such as heart disease, respiratory problems, or claustrophobia.

How To Choose The Right Weighted Blanket

When choosing a weighted blanket, it is important to consider the following factors:

- **Weight:** The weight of the blanket should be between 5% and 10% of your body weight. A good starting point is to choose a blanket that is 7-10 pounds.

- **Size:** The blanket should be large enough to cover your entire body, from your shoulders to your feet.
- **Material:** Weighted blankets are typically made from cotton, flannel, or fleece. Choose a material that is soft and comfortable to the touch.
- **Features:** Some weighted blankets have additional features, such as a removable cover or a built-in heating element. Consider your needs and preferences when choosing a blanket.

How To Use A Weighted Blanket

To use a weighted blanket, simply drape it over your body while you are lying down. You can use the blanket for as long as you like, but most people find that 20-30 minutes is sufficient.

If you are new to using a weighted blanket, start by using it for a short period of time and gradually increase the duration as you become more comfortable.

Weighted blankets can be a helpful tool for reducing anxiety and stress, improving sleep, and reducing pain. If you are considering using a weighted blanket, be sure to talk to your doctor first to make sure it is right for you.

Note: Weighted blankets are not a substitute for medical treatment. If you are suffering from anxiety, stress, sleep problems, or pain, be sure to see your doctor for professional help.

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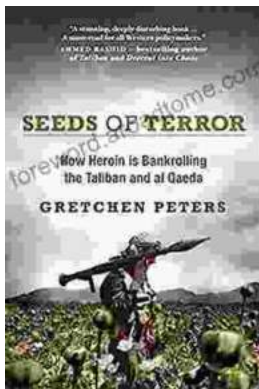


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