

Our Weighted Blanket has been designed to give the feeling of a secure and comforting cuddle, with beads distributed across each pocket to ensure even pressure. Removable and washable cover ensures it's easy to take care of, and the material is soft and snuggly to enhance the feeling of an embrace.

**Features:**

Micro glass beads layered with soft polyfill for maximum comfort.

Box quilting design for even distribution of weight.

Removable and washable cover.

**How to choose and use the right blanket:**

- The blanket weight should be 10% of the users body weight.
- For some users e.g. the elderly, where some muscle tone may be lost, using a lighter weight is recommended.
- Blankets fit the body and not the bed.
- Blankets should not be shared. If two people in a household would benefit from a blanket two individual blankets should be used to ensure correct weight for the user.
- Sponge clean with a soft, damp, clean cloth and air dry inner blanket. Cover machine washable.

**Blanket weight/sizing chart:**

BLANKET WEIGHT	4.5KG	6.5KG	9KG
BODY WEIGHT	40-60KG / 88-123lbs	60-80KG / 132-176lbs	80-100KG / 176-220lbs
SIZE OF BLANKET	150x200cm	150x200cm	150x200cm

**Safety warnings:**

This weighted blanket is not to be used by children.

Warning – Not suitable for use by children, pregnant women or people with respiratory or circulatory disorders including Type 2 Diabetes. Consult a Medical Professional if you have any medical concerns about using this blanket.

Do not cover the head and neck with the blanket. Do not use if the user is unable to remove blanket themselves. Do not fold the blanket to increase weight. Discontinue use if blanket shows signs of damage or wear.