



WEIGHTED BLANKETS - A sleep saver?

Weighted blankets have become popular – but do you need one?

Weighted blankets are designed to feel very heavy. They are usually filled with glass or plastic pellets that add weight. Some people believe the extra weight can feel like a hug. This may have a calming effect.

Before you invest in a weighted blanket, here's what to know:

- No large studies say that weighted blankets have proven health benefits. But some smaller studies have found that they can help a person calm down when stressed. They may also help some people with insomnia and anxiety, according to the National Sleep Foundation.
- Weighted blankets come in different sizes and weights. You may wish to use one that weighs around 10 percent of your body weight.
- Never use a weighted blanket on a baby or toddler.