1. **Product Name**

Sleep Tight™ Weighted Blanket

2. **Product Code**

21592 – Extra Small
21547 – Small
21593 – Medium
21543 – Large
21591 – Extra Large

3. **Colour**

Colours may vary, but are likely to be blue or tan

4. **Brief Description**

Helps clients to become calm and comfortable to encourage restful sleep.   Suitable for clients weighing over 9kg (20 lbs) who have difficulty calming down to get to sleep.

5. **Contents**

- 1 x blanket

6. **Snoezelen® Stimulations**

- Touch (deep pressure)

7. **Best Use**

Choose the correct weight of blanket to correspond to the user's weight.

8. **Compatible ROMPA® Products**

ROMPA® offers a wide range of Sensory Integration products to compliment these blankets

9. **Starting Up**

- There are no short-cuts when setting up and using Sensory Integration equipment. Please keep these instructions in a safe place and refer to them as required.

10. **Detailed Description**

Helps clients to become calm and comfortable to encourage restful sleep. Suitable for clients weighing over 9kg (20 lbs) who have difficulty calming down to get to sleep. With a curved neck cut-out to help prevent the blanket from bunching around the face. Designed by an Occupational Therapist with over 25 years of experience. Triple-stitched for robustness and so the filling is safely contained. The hygienic filling is BPA-free, phthalate-free, and lead-free. As a general guideline, blanket weight should be from 15-25% of client body weight, although we recommend that you seek professional advice as to the suitability of these products for your particular client. Colours may vary.
Machine washable.

These weighted blankets are specifically designed to give the sensation of deep pressure touch.
- They can help relax a person similar to swaddling a baby, getting a massage or having a loving hand rest on your shoulder.
- They can help with stress, melt downs and sleep among other things
- They can help falling asleep and staying asleep in an all-natural way

These sensory strategies are effective for most any one and have traditionally been used by many who have special needs including:
- Attention Deficit Hyperactivity Disorder (ADHD)
- Attention Deficit Disorder (ADD)
- Sensory Processing Disorder (SPD)
- Autistic Spectrum Disorder (ASD) and others
- People with mental health challenges

11. Safety

- <u>Always supervise the use of this product</u>

- The weight of the blanket must proportionately match the user's physique and weight.
- Use under the direct supervision of an Occupational Therapist
- Never allow the user's head to be covered by the blanket
- Make sure the client can quickly get in or out from under the blanket
- Vital signs must always be observable

12. Technical Specification

21592 – Extra Small   2.3kg (5 lbs)
     Size: 91.5 x 81cm
     Approximate age: 3 years - User's approximate weight: 10-16 kg (22-35 lbs)
21547 – Small   3.6kg (8 lbs)
     Size: 106.5 x 91.5cm
     Approximate age: 4-5 years - User's approximate weight: 16-20kg (36-45 lbs)
21593 – Medium   5.4kg (12 lbs)
     Size: 137 x 106.5cm (54" x 42")
     Approximate age: 6-10 years - User's approximate weight: 21-32kg (46-70 lbs)
21543 – Large   7.3kg (16 lbs)
     Size: 183 x 137cm (72" x 54")
     Approximate age: 11-15 years - User's approximate weight: 32-63kg (71-140 lbs)
21591 – Extra Large   11.3kg (25 lbs)
     Size: 203 x 145cm (80" x 57")
     Approximate age: 16 years to adult - User's approximate weight: 64kg (141 lbs+)
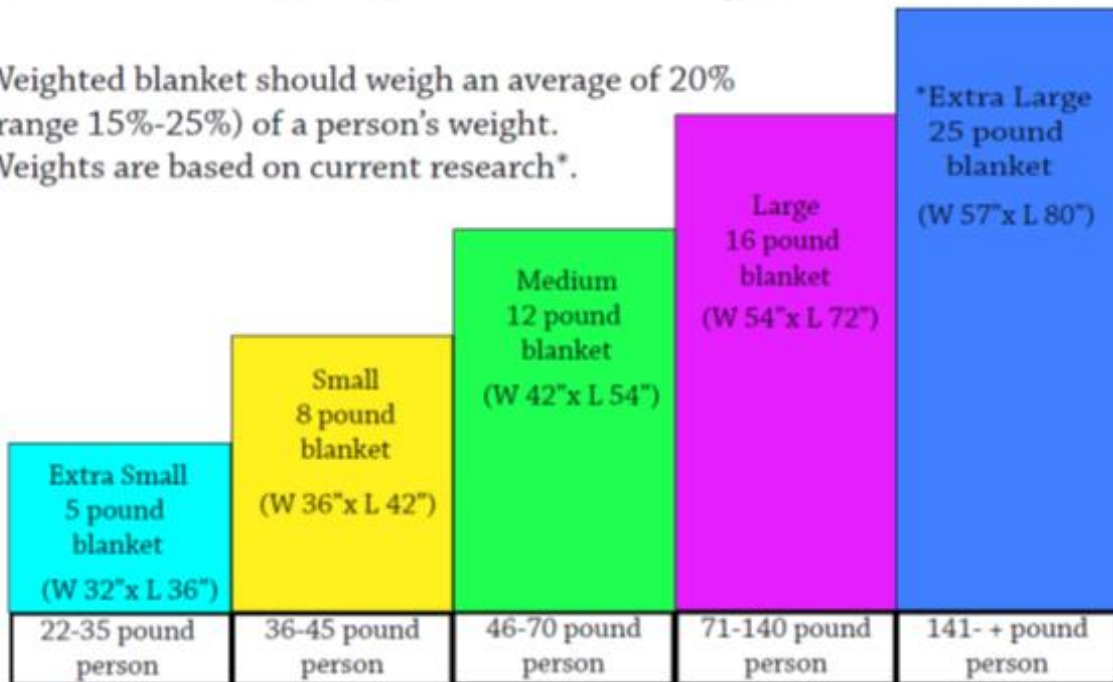
Filling: Non-toxic, BPA-free, phthalate-free, and lead-free PET pellets

Features
- Innovative curved cut out portion at the top which allows the blanket to properly contour around the shoulders.
- "Pocketed Construction" technique keeps pellets evenly distributed in their chambers, providing optimal weight coverage over the user.
- Pellets are sewn into a cloth bag creating double protection and durability.
- 100% high quality soft cotton
- Double stitching for strength and maximum durability

Select the proper size weighted blanket.

Weighted blanket should weigh an average of 20% (range 15%-25%) of a person's weight. Weights are based on current research*.

Extra Small 5 pound blanket (W 32"x L 36")	Small 8 pound blanket (W 36"x L 42")	Medium 12 pound blanket (W 42"x L 54")	Large 16 pound blanket (W 54"x L 72")	*Extra Large 25 pound blanket (W 57"x L 80")
22-35 pound person	36-45 pound person	46-70 pound person	71-140 pound person	141- + pound person

*Based on study by T. Champagne, Occupational Therapy in Mental Health, 2008 .

13. Installation

1. If your client is using this product for the first time, allow time for him or her to adjust to it. To facilitate this, introduce the blanket to him or her in a familiar environment where the client feels safe and comfortable. Choose a time to introduce the blanket when your client is not agitated and already anxious.
2. Allow the client to discover the blanket in his/her own time – be patient and do not force the experience onto your client.
3. Place the blanket near some of the client's favourite things – when paired with favourite items, the blanket is likely to be accepted more readily.
4. Place the blanket near you when you sit or lay near your client. You go first – show your client that you enjoy using the blanket.
5. Promote positive associations with the blanket. Show the client that the blanket is safe, soft and will make them feel good. Choose positive language that they can understand. Smile and be relaxed yourself. Speak in a soothing calm voice. Build up the trust and security gradually.

14. <u>Care and Maintenance</u>

1. All the parts of this blanket should be checked on a regular basis (at least monthly, and more if the blanket is used often). Use a maintenance sheet (such as the example one provided) to record these checks.
2. Check the blanket for signs of wear and tear and repair or replace as appropriate.
3. Machine washable on the gentlest setting at a low temperature. For the heavier blankets (medium, Large and Extra Large) we suggest that you check with the washing machine manufacturer for weight capacity limits. It may be advisable to wash these larger blankets in industrial washing machines. Do not use bleach. The blankets can be machine dried on low heat or fluff cycle. The blankets will also dry relatively quickly when placed on drying racks with air circulation under them.

15. <u>Troubleshooting</u>

Not applicable

Further copies of these instructions can be downloaded at www.rompa.com

We hope you find our instructions invaluable. If you have any suggestions for improving them further your comments will be greatly received – please contact us at producthelp@rompa.com

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SENSORY INTEGRATION MAINTENANCE CHECK LIST

PRODUCT: …………………………………………….

TO CHECK	Date / S (Satisfactory) or R (Repair/replace)																