## 1. Product Name

Adjustable Weighted Blanket

## 2. Product Code

22502 – 4.5kg
22503 – 6kg
22504 – 7kg
22505 – 8kg
22506 – 10kg

## 3. Colour

Dark blue

## 4. Brief Description

With a unique and highly flexible design. Attach or detach the individual sections to adjust the size of this blanket according to need.

## 5. Contents

- 1 x blanket made up of 4 sections
- Weights

## 6. Snoezelen® Stimulations

- Touch (deep pressure)

## 7. Best Use

Select the amount of weight required according to the needs of the wearer and following advice from a suitably qualified and experienced Occupational Therapist.

## 8. Compatible ROMPA® Products

See www.rompa.com for an extensive range of weighted and deep pressure products.

## 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 necessary.
- Detach sections and adjust the enclosed weights as required.

## 10. Detailed Description

With a unique and highly flexible design. Attach or detach the individual sections to adjust the size of this blanket according to need. Whole sections can be separated for day time and portable use (or for washing), and assembled again using the Velcro® for night time. Each section has several pockets so you can regulate the weight distribution as required.

The weighted pouches contain balls and polyethylene granules. Helps individuals with sensory processing problems, anxiety, sleep deprivation, ADHD, hyperactivity, hypersensitivity and Autism to rest, and awaken feeling refreshed, energised, less irritable and with improved concentration. The blanket stimulates the body's nervous system by providing a deep, constant and predictable pressure on the whole body.

Many people with physical and/or psychological problems have trouble sleeping. It may be difficult to fall asleep, or to avoid waking during the night. Sleep problems can have consequences with varying degrees of severity over shorter or longer periods of time. This blanket may have beneficial effects for people who experience sleep problems or who generally have difficulty finding calm and relaxation. This blanket may also help prevent insomnia. The quilt is designed so that it lies heavily and snuggly around the person, providing a sense of the body's boundaries, which in turn increases body awareness. Many people find that this has a calming effect on their muscles and joints and therefore helps them to fall asleep. The enveloping and reassuring effect provided by the blanket helps to ensure better and calmer sleep.

Some people experience problems sensing, or problems integrating what they sense from external stimuli. For example, the sense of touch may be affected, which can in turn present challenges registering pressure, cold, heat, pain, and structure. Proprioception is the muscle and joint sense that registers movement, muscle strength, posture and the body's position in space. People with reduced proprioception may also have impaired body perception, body awareness and reduced sense of space and direction.

Sensory processing problems mean that the brain does not process or organize the many sensory impulses it receives. The result, therefore, is that the person has no reliable information about themselves or the world around them. This can make the person confused, irritable, unfocused and sometimes hyperactive, if all sensory impressions are registered equally, without filtering.

Problems with sensory processing can manifest themselves as over-sensitivity to unexpected touch or over-reaction to unstable contact surfaces. The person may regard too many sensory impulses at the same time as uncomfortable, unsettling and alarming. The brain becomes agitated and calmness and a sense of security can be difficult to establish. This blanket is intended to provide soothing stimuli in the form of a fixed and predictable pressure on the whole body. Similarly, the sensory stimulation blanket provides inhibitory tactile stimuli with a fixed and uniform touch.

The blanket is made of 100% cotton, which allows it to breathe and ensures a neutral temperature, which also has an inhibiting effect. The user is shielded from sudden and unexpected sensory stimuli that may disturb their sleep. This blanket can facilitate low arousal (alertness level) and helps the person to find calmness –physically as well as psychologically.

This blanket is also visually inhibitory because the blanket is produced in a dark blue colour that facilitates a parasympathetic response in the autonomic nervous system. Unlike the colour yellow, for example, the colour blue is believed to contribute to muscle relaxation, deeper breathing and to lower the heart rate and heart action.

The blanket must be adapted to the user's size and age. As a rule of thumb, the blanket should weigh 10% of the user's body weight. However, some users could benefit from a heavier blanket. At the same time, the blanket should never be so heavy that the user cannot move or so that the blanket inhibits breathing. The blanket should not be used without supervision for children under 2 years of age or by people with lack of motor skills.
**Always consult a suitably qualified and experienced Occupational Therapist regarding the specific use of weighted blankets for each individual.**

The blanket is designed so that it can be assembled from individual sections, which means that it can be adapted in both weight and length as required. The blanket consists of a system of quilt cushions. Velcro® strips at the side of each module allow them to be combined in the following sizes: baby size (one module), junior size (three modules) and adult size (four modules). The quilt cushions are made of heavy cotton and are equipped with pockets for inserting weight bags. The weight bags are made of thin cotton filled with small balls and plastic granules. If one or two sections of the quilt are removed, this/these can be laid over the legs and used as a soothing blanket in the upright position, or used on the shoulders (but never wrapped unsafely around the neck).

## 11. Safety

- Always supervise the use of this product

- Always consult a suitably qualified and experienced Occupational Therapist for advice about the safe and appropriate use of weighted blankets.
- The amount of weight used should be appropriate to the individual needs of each user.
- The amount of time the blanket is used should be appropriate to the individual needs of each user.
- Distribute the weights according to the advice of a suitably qualified and experienced Occupational Therapist.

## 12. Technical Specification

Size: 200cmL
100% cotton
Approved as a medical device and produced from 100% non-toxic materials
Made by adults with Autism Spectrum Disorders

***Adult size,***

4 modules

Module 22

Module 20

Module 20

Module 22

***Pocket with weight element.***

The pocket is sealed with Velcro.

***Weight element.***

The weight element is equipped with Velco strips at the top and bottom in order to attach to the top and bottom of the pocket. This prevents displacement of the weight element during use.

| Suggested weight requirements relative to weight of user* | |
|---|---|
| **Body weight** | **Blanket weight** |
| 22-34 kg | 3.3 kg |
| 34-45 kg | 4.5 kg |
| 45-53 kg | 5.25 kg |
| 53-60 kg | 6 kg |
| 60-70 kg | 7 kg |
| 70-75 kg | 7.5 kg |
| 75-80 kg | 8 kg |
| >80 kg | 10 kg |

*** Suggestion only - seek professional advice from a suitably qualified and experienced O.T. who is fully aware of the needs of the individual using the blanket**

## 13. Installation

*Not applicable*

## 14. Care and Maintenance

1. Remove the weights before washing the blanket. Hand wash or machine wash on a warm setting (maximum 60°C). Use a small amount of mild detergent making sure this is dispersed in plenty of water and not applied neat directly onto the blanket. Do not use bleach. Do not use strong, harsh or abrasive cleaning products.
2. Allow to air dry naturally. Do not dry in a tumble dryer.
3. If the blanket becomes damaged, ensure that the filling cannot leak from the weight elements. If this occurs, the weight bag must be replaced to avoid the risk of children coming into contact with the filling. Contact ROMPA® to obtain replacement parts.
4. Use this product appropriately, safely, with care and as intended.

## 15. Troubleshooting

*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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