



The Weighted Blanket

The weighted blanket is exactly as it sounds; a blanket with weight in it. The weighted blanket is a type of sensory activity that uses deep pressure (proprioception) and touch to help improve emotional distress and assist in recovery.

The weighted blanket is used as a self-applied activity which means that you have control over when you wish to use it. The blanket can be used any time you feel you would find it helpful and as written in your recovery plan.

Other types of weighted items

There are a number of weighted items including shoulder wraps, lap pads, vests and toys.

What are some benefits?

Weighted blankets or other weighted tools can help with:

- Concentration
- Calming self
- Relaxation
- Sleep
- Feeling grounded.

How do you use the blanket?

You can use weighted items in any way you feel comfortable. Options include:

- Draping it across your shoulders and back
- Draping across your lap
- Laying down.

Is it for everyone?

Not everyone finds a weighted blanket or item helpful. Speak with your nurse or occupational therapist about trying weighted items to see if they suit you.

Safety tips

Remember, weighted items can be heavy so please don't walk around with them or place them over your head.

If you would like to know more about how to use sensory activities in the sensory room or at home talk with your nurse or occupational therapist.

