

Available in a variety of weights, sizes, and fabrics, weighted blankets have become a popular item for those seeking a better night's sleep.

When shopping for a weighted blanket, it's important to know what to look for so you can easily compare products. Here are some considerations to keep in mind:

- **What is a weighted blanket?**

Weighted blankets are commonly used in occupational therapy to help individuals suffering from anxiety and other conditions such as autism and ADHD fall asleep and stay asleep for longer.

The blankets are made of small compartments that are most commonly filled with small plastic beads or pellets to the preferred weight, other materials that are more eco-friendly can also be used such as certain metals.

- **Does a weighted blanket work?**

Like most items, it depends on the individual. In one study of 32 adult volunteers, 63% said that they felt less stress and anxiety after 5 minutes of laying under a 30-pound blanket.

What works for some may not work for all, with the recent popularity of weighted blankets growing there's not yet enough data, and most studies are inconclusive.

- **How does a weighted blanket work?**

Using a therapeutic technique called "deep pressure stimulation", weighted blankets provide a calming effect to help individuals relax and reduce anxiety to improve sleep quality and duration.

The blankets provide light pressure across the entire body, this provides the user with a feeling that is similar to being hugged or swaddled. This allows the individual to have a sense of security which helps calm the body and mind, making it easier to get a restful night's sleep.

- **What are the different types of weighted blankets?**

Available in a variety of weights and materials, finding the blanket that works for you may take some experimenting. From 5 pounds to 30 pounds, the amount of pressure applied depends on the weight and materials used.

From woven fabrics to silks, weighted blankets come in an assortment of materials giving shoppers the ability to pick what is most comfortable for them.

So how do you choose the weighted blanket that's right for you? These are the questions consumers are asking when shopping for weighted blankets.

- **Who should use a weighted blanket?**

Weighted blankets are often used by people who are hyperactive and struggle to sleep due to anxiety and other conditions. The blankets provide a calming effect that can help relax the body, granting the user an easier night's sleep.

- **Should you use a weighted blanket every night?**

This depends on the individual user, there have been no harmful side effects found from those who use a weighted blanket every night. Many people have reported that using a weighted blanket nightly has helped them get a more relaxing night's sleep.

- **How long should you stay under a weighted blanket?**

Some sleep consultants recommend using a weighted blanket 20-30 minutes at a time, while others recommend sleeping with it the entire night. Studies have been inconclusive as to which is better, however, there have been no negative side effects found from using it for the entire night.

- **How heavy should my weighted blanket be?**

Generally, a weighted blanket should be about 10 percent of your body weight with most adults using a 12-20 pound blanket. Smaller and lighter blankets are available for kids as well, ranging from 3-10 pounds.

A weighted blanket may help provide a deeper, more relaxing night's sleep for those who struggle with sleeping comfortably or for those with certain conditions. Finding the right weight and material that's comfortable for the individual might take some experimenting, but with the increasing popularity of weighted blankets and those who swear by them, the time and money invested could be well worth it.