



Better Sleep

Premium Therapeutic Blanket

- **Participants had an improved sleep, where they felt more refreshed in the morning.** (Source : <https://www.jsimedcentral.com/SleepMedicine/sleepmedicine-2-1022.pdf>)
- **Individuals who used the weighted blanket reported significantly greater reductions in distress than those who did not.** (Source : <https://journals.sagepub.com/doi/abs/10.1177/1039856212459585>)
- **Reduced Anxiety in 63% of Patients :**
(Source : https://www.tandfonline.com/doi/abs/10.1300/J004v24n01_05)
- DTPS can mimic the feeling of being **hugged, swaddled** or **cradled**. According to a 2009 study by Temple Grandin, Ph.D in the Journal of Child and Adolescent Psychopharmacology, **DTPS has a calming effect in children with autism and ADHD**, and a similar relaxing effect in adults without a medical diagnosis. (Source : <https://www.liebertpub.com/doi/abs/10.1089/cap.1992.2.63>)
- **Positive Effects on Insomnia:**
<https://www.jsimedcentral.com/SleepMedicine/sleepmedicine-2-1022.pdf>
This study from SciMedCentral found that sleep time increased while movement during sleep decreased when participants used a weighted blanket. Participants found it easier to settle down, fall asleep, and felt more refreshed in the morning.
- Several engineers and behavioural scientists studied the safety of using a very heavy blanket in adults. The results were lower brain activity, lower anxiety, and 78% preferred the blanket as a calming method.

- **Deep Pressure Stimulation** : <https://ajot.aota.org/article.aspx?articleID=2247281>
The American Occupational Therapy Association studied the benefits of DTSP and has shown to occur even in short periods of being under a weight. Sympathetic arousal decreased while parasympathetic arousal decreased. This led to improved performance on a test after being under the weight. Deep pressure **encourages the production of serotonin**, a hormone involved in elevating mood. Serotonin is also a precursor to melatonin, a hormone responsible in the regulation of sleep.

- **DTSP has a calming effect in children with autism and ADHD**
[Journal of Child and Adolescent Psychopharmacology](#)
by Temple Grandin, Ph.D in the Journal of Child and Adolescent Psychopharmacology, DTSP **has a calming effect in children with autism and ADHD**, and a similar relaxing effect in adults without a medical diagnosis

- [Center for International Rehabilitation Research Information & Exchange \(CIRRIE\)](#)
Encourages the production of serotonin. **Serotonin is also a precursor to melatonin, a hormone responsible in the regulation of sleep.** In other words, deep pressure therapy can play a positive role to help with both mood and sleep.