

Everything You Need to Know About Weighted Blankets

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DECREASES ANXIETY AND STRESS

Research shows that weighted blankets can decrease stress and anxiety by increasing serotonin and decreasing cortisol.



PROMOTES BETTER SLEEP

Induces deep relaxation, allowing you to reach REM sleep faster and stay in the deep stages of sleep longer.

REPLICATES A LOVING HUG

Deep pressure stimulation tricks your brain to think you're being hugged, causing feelings of love, wellbeing and connection.



People across all age groups have to cope with disorders like autism and anxiety. Do you know how weighted blankets can be help them? Keep reading!

Coping with such health and mental conditions is definitely no cakewalk, and the first casualty is sleep. Stress and anxiety over issues like career, family, illness, etc., can make you restless in bed, and you may find yourself tossing from one sleeping side to another while others are sleeping peacefully. This may also lead to the development of insomnia eventually. If you cope with such issues, seeking expert medical help is an option. However, there are alternative methods that help you sleep peacefully without taking medications. One of these is using these blankets.

What Are Weighted Blankets?

Weighted blankets are heavy blankets that have been designed to induce sleep and reduce anxiety. They are meant to create a feeling of being hugged, thereby making a person feel more calm. Initially these were used as a therapeutic measure to help those with mental health conditions such as dementia, autism, etc. However, heavy weighted blankets have now gained more mainstream popularity.



Getting the Basics of a Weighted Blanket for Anxiety Right

You may wonder how just using specialized blankets can bring you relief from insomnia and mental health problems, which affect normal sleeping patterns. While using a heavy blanket is not exactly a replacement for extensively researched medical treatments and effective medications, there are decided benefits for sure. The weighted blanket therapy, alternately called the deep touch therapy, is based on a core human behavior with a calming effect on the nerves.

Clinical studies have shown that specific pressure points in the human body get stimulated by touch and then the brain secretes serotonin. Serotonin is a neurotransmitter that has a calming effect on nerves, thereby helping induce sleep.

The pressure exerted by a weighted blanket for anxiety simulates the pressure from hugging someone or stroking pets like dogs. This sensation soothes the nerves and instills a sense of calmness. Occupational therapists opine that light touches can alert the nervous system while deep pressure leads to a calming and relaxing effect.

Who Can Benefit from these Blankets?

These blankets can safely be used with typical therapies for autism, mental disorders affecting sleep, and general insomnia. Several studies have indicated that using weighted blankets can significantly bring down levels of cortisol, the stress hormone and also help with a good night's sleep.

Weighted Blanket Benefits: Why Choose Gravity Blankets?

Helps to relieve anxiety

Anxiety is a common problem that affects everyone. You begin to feel uneasy and worried, which causes your heart rate and stress levels to rise. This can also cause you to lose focus on the important things in life. Weighted blankets can help you relax and lower your heart rate. They allow the entire autonomic nervous system to relax, resulting in a reduction of rise in heart rate and stress.

Calming benefits for kids

A deep touch pressure stimulation technique is used to aid kids in coping with Spatial Processing Disorders and Auditory Processing Disorders. Such kids deal with sensory overload, which leads to anxiety and restlessness, and eventually, sleeping woes. Studies have revealed that using heavy blankets helps such kids fall asleep quickly as they soothe their nerves and calm them overall. The calming effect induced by the usage of a best weighted blanket for kids also helps in lowering blood pressure and heart rate.

Helps with sleep disorders

Sleep disorders affect between 10% and 30% of the world's population. One of the most common causes of sleep disorders or any other forms of sleep deprivation in people is stress and anxiety. Weighted blankets can help your body relax and relieve stress and anxiety, allowing you to get a better night's sleep.

How to Choose the Best Weighted Blanket

These blankets tend to be heavier than typical blankets that you use at home. The weight can be within the range of 4 to 30 pounds. Adults may use weighted blankets in the 30-lb range to bring down anxiety levels and get sleep way more beneficial than using a light weighted blanket. However, you should think of your own bodyweight before buying a suitable heavy blanket. Some weighted blanket manufacturers recommend that adults should buy units that are not over 10 percent of their own body weight. If you are still unsure about it, talking to an occupational therapist on a heavy and light weighted blanket can be of help. You can search online with phrases like weighted blanket autism to find the apt type of blankets for specific conditions.

The material of the heavy blanket also matters in this context. Ideally, you should buy such blankets made with materials like natural fiber. Polyester can be hotter, so breathable pure cotton blankets are more ideal. Do check with weighted blanket options in India to know the complete description on them.

It is true that using deep pressure stimulation through the use of the weighted blanket may not help every individual with autism or insomnia and/or related conditions. However, the main reason for trying it is there is hardly any side effect. Unless you have respiratory complications, you can use it without worries.

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