

Comfort Corner

Lifting The Weight Of Life's Pressures

(NAPSA)—When it seems like the weight of the world is on your shoulders, the answer may be—more weight...in a special weighted blanket, that is.

Here's the blanket statement on how it works:

Weighted blankets can be a safe and effective nondrug therapy for anyone seeking a solution for loss of sleep or need for calm.

"In psychiatric care, weighted blankets are one of our most powerful tools for helping people who are anxious, upset and possibly on the verge of losing control," says occupational therapist Karen Moore. "These blankets work by providing input to the deep pressure touch receptors throughout the body," she adds. "Deep pressure touch helps the body relax. Like a firm hug, weighted blankets help us feel secure, grounded and safe."

Weighted blankets can be used to provide relief and comfort in cases of:

- Sensory disorders
- Sleep disorders
- AD/HD (Attention Deficit/Hyperactivity Disorder)
- Asperger's and autism spectrum disorder
- Restless leg syndrome (RLS) and fidgeting legs due to chemotherapy treatments, menopause symptoms and fibromyalgia
- Anxious feelings and panic symptoms, stress and tension
- Dental anxiety
- Menopause symptoms.

Occupational therapists and doctors also recommend weighted blankets for Alzheimer's disease, cerebral palsy, Down syndrome, Parkinson's disease, Tourette's syndrome, bipolar disease and post-traumatic stress disorder (PTSD). As SFC David DeMarco, U.S. Army, Retired, says, the "calming"



An ingenious weighted blanket can help people get on the road to recovery while lying down.

effect can assist with restless sleep and PTSD.

They work because the deep pressure stimulation that happens when you get a hug is similar to cuddling up with a weighted blanket. "Pressure is calming to the nervous system," says Temple Grandin, who invented the squeeze machine.

To make it easier to achieve this comfort, Mosaic Weighted Blankets® are filled with just enough nontoxic Poly-Pellets to provide deep pressure touch stimulation without uncomfortable restriction.

The blankets are custom made for each person to get the right size and weight. They can cover the whole body for sleeping or just the legs. Lap blankets and wraps are also available and they all come in a variety of fabrics and patterns that appeal to children and adults.

Learn More

Mosaic Weighted Blankets® relieve the mind, relax the body and release the spirit, letting the rested and calmer you shine through. For more information, call (512) 868-0207 or visit www.mosaicweightedblankets.com.