## Certified translation from the Polish language

--- Forwarded message ---Subject:Blanket - Opinion 2

Date: Sun, 20 Jan 2019 20:57:30 +0100

GDPR protection From: GDPR protection To: Jane

On January 20, 2019 at 17:58

**GDPR** protection

wrote:

## Hello,

I have been using a weighted blanket for 6 years.

I can recommend it because:

- it lowers muscle tension.
- calms down,
- indirectly influences better concentration,
- has positive effects on "difficult behaviours",
- adjusts the level of activity,
- complements the regular sensory integration therapy and
- stimulates the proprioceptive system which is responsible for the deep feeling (i.e. the sense of position orientation of one's body).

The weighted blanket has positive effects on all children's psychophysical disorders.

Its regular use results in better sleep quality, relaxes and decreases stress. Children feel rested and relaxed in the morning. Social issues become significantly reduced and the level of concentration is definitely improved.

Sylwia Szmigiel Sensory Integration Therapist

CERTIFICATE NO. CTB/22/2013

I certify the conformity of the above translation with an email in the Polish language. Tomasz Ratajczyk, sworn translator of the English language, entered into the list of sworn translators kept by

the Minister of Justice under the number TP/83/15.

Repertory number: 18/2019

Wrocław Poland, 23<sup>rd</sup> January 2019

