Certified translation from the Polish language

--- Forwarded message ---

Subject: Fw: Re: weighted blanket - request for opinion

Date: Sun, 20 Jan 2019 21:01:23 +0100

From: GDPR protection

To: GDPR protection , Jane GDPR protection

I have been using weighted blankets in my therapeutic practice with children for 10 years. I use them to calm down the proprioceptive system. I recommend them to adults and parents of children with impaired sensory integration processes, motor hyperactivity, autism, Asperger's syndrome and to those having problems with falling asleep.

I have had problems with sleep and I have used the blankets myself. They help to lower the level of agitation and to improve child's focus. They influence the proper sleep and often improve child's falling asleep.

It is important that the blanket be filled with glass granulate instead of other types of filling. I have come across cases where children using pea, beans or lentils filling became allergic to it and faced skin problems. When proposing the blanket, it is vital to interview the parents in detail to find out if the child may use it. It should be adjusted to the child's weight.

Katarzyna Wojtkowska-Wójcik Certified Psychologist, Sensory Integration Therapist No. 888.

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: 19/2019

Wroclaw Poland, 23rd January 2019