Warsaw, 10th January 2019

## Opinion on the Weighted Blanket

I have been using weighted blankets for ten years in my therapeutic practice. In many cases I recommend it also to the parents of children with impaired sensory integration processes. It is then individually tailored and adjusted to the patient's needs. I recommend buying it at Senso-Rex. They are experienced and offer a large selection of fabrics and designs which is especially important for children. The blankets are intended for everyday use and should be enjoyed.

Weighted blankets are usually used in cases of proprioceptive disorders, difficulties with calming down, problems with falling asleep and sleeping. They also work well with hyperactivity, difficulties with regulating emotions and concentration disorders. They are especially useful for children with autism and Asperger's syndrome.

Weighted blankets used along with other therapeutic techniques improve proprioception, calm down and relax the body, soothe the work of the nervous system. This in turn has effects on the psychophysical and emotional functioning of a small patient.

I used to work at a foundation, where we had a huge weighted blanket available for parents waiting for their children during therapy. Some people used it numerous times and often have fallen asleep. I know that they were very fond of that moments when they could deeply relax.

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I certify the conformity of the above translation with a scan of a document 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.

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