## **OPINION**

Weighted blanket is a medical product that supports sensory integration therapy. It works directly on proprioception receptors. I use it usually with children suffering from proprioception deficiency and increased demand for movement. Such patients tend to be constantly agitated and it is difficult for them to function properly in everyday life. They have concentration problems and due to that they face difficulties at school, sleep issues (e.g. chronic lack of sleep) which causes annoyance and impulsiveness in their everyday life.

In these situations, weighted blanket has calming down and relaxing effects as it regulates the working of the nervous system. The time needed for falling asleep becomes shorter and the quality of sleep improves. Children neither wake up nor walk around and they get the proper amount of sleep. As a result, they are well rested. A systematic use of blankets improves the concentration. It is easier for children to focus at school which improves their results. I use the blankets in my practice and I have been recommending them to parents for over 10 years. Both the parents and myself can see the positive effects on children.

The blanket used in adults has similar effects. They have quickly noticed its beneficial influence such as relaxation, reduced problems with falling asleep, improvement of sleep quality and decreased soreness. Positive effects of weighted blankets have also been reported by patients with depression.

I recommend the weighted blankets as a medical product and I recommend Senso-Rex as their proven manufacturer.

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I certify the conformity of the above translation with a document in a digital format 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: 21/2019

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