Weighted blanket – which I have been recommending to some of my children and adult patients for several years –is one of the ways to influence the sense of deep feeling (Pacinian corpuscles in deeper layers of the skin, muscles and tendons). Thanks to this sense we gain knowledge about the position, strength, direction and movement of our body parts. Even when we do not move (e.g. during sleep), gravity affects those receptors which send the information about the deep feeling (proprioception) to our brain without involving our consciousness. This system also helps to balance the hypersensitivity of other sensory systems or to increase their alertness. All this improves the emotional stability acquired, i.a. thanks to a sense of security granted with the control over our body. Children, to whom I recommend the blankets, limit their emotional lability, become more balanced and better cope with stressful situations. They also fall asleep more quickly and improve sleep quality.

However, it should be remembered, that the effectiveness of this aid depends strictly on its appropriate adjustment and application. Therefore, I recommend introducing the blanket after a thorough consultation with a therapist supervising the treatment of the patient.

## Beata Andrukiewicz-Karaś

Sensory Integration Therapist The Polish Society of Sensory Integration Therapists (PSTiS) Certificate no. 459

[illegible signature]

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: 22/2019

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