



SommerflyTM
Sleep Focus Calm

Choosing the Proper Weight for your Weighted Blanket

What Makes Sommerfly Different

You can trust that SommerflyTM gives you accurate, effective and field tested guidelines to choose the proper weights for your weighted blanket, sashes, lap pads and shoulder wraps. You don't have to guess at the most effective weights!

The arbitrary and incorrect weight guideline used by most other weighted blanket companies is '10% of body weight plus a pound or two'. This is misapplying the accepted guidelines from the American Academy of Pediatrics on **CARRYING WEIGHT** for children. The AAP says carrying weight should not be more than 10% of a child's body weight. This 10% guideline applies to weighted vests, backpacks and other items that are carried around. There is no research to support applying this 10% of body weight guideline to weighted blanket use. In fact, Tina Champagne, an Occupational Therapist, has conducted the **ONLY** studies on Weighted Blankets that we know of. **Tina's research supports that blanket weights greater than 10% of the person's body weight is what is effective and preferred by most users!** SommerflyTM blankets are between **15% and 25% of a person's body weight which is supported by the most current research on adults.**

When using weighted products to achieve calming results when sitting or lying down, more weight on the body is desired and often required. The use of more weight on the body is safe and effective because the person is not standing and bearing the weight on their body frame

Don't waste your hard earned money on products based on arbitrary and even a wrong understanding of what is the proper and effective weights for weighted products.

Choose SommerflyTM as your trusted, accurate source for weighted blankets. Browse our whole line of products **to help focus, calm and sleep** and be confident in the depth of training, years of experience and qualified understanding to back every one of your purchases.

Kristi Langslet, OTR/L

SommerflyTM