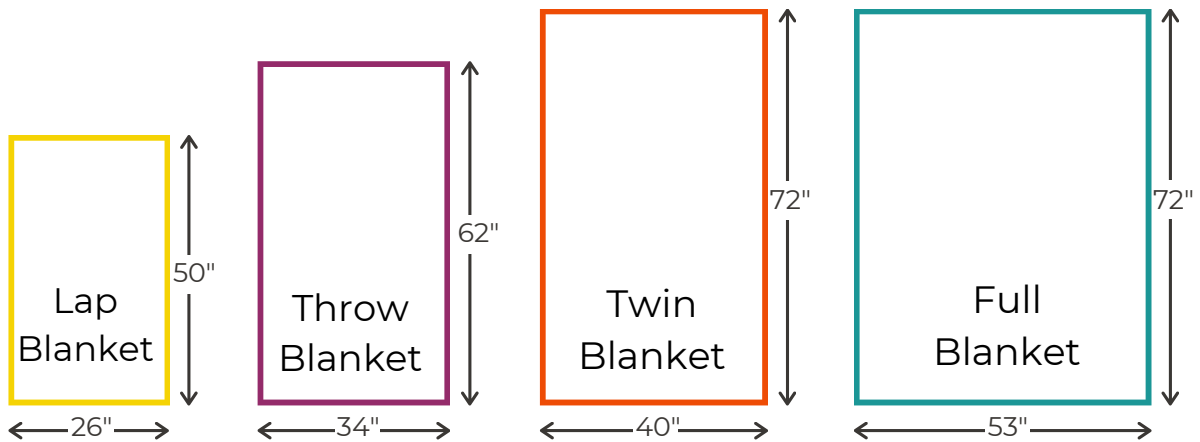




Which Size Blanket is Best for Me?

CapeAble®
weighted products



How do you intend to use your blanket?



Sitting in an upright position



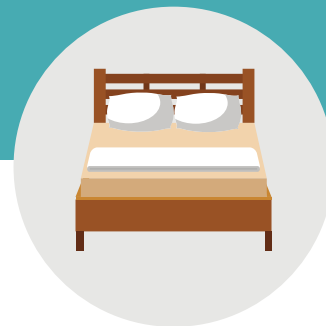
Lap Blanket



Cuddling on the couch



Throw Blanket



Sleeping in bed

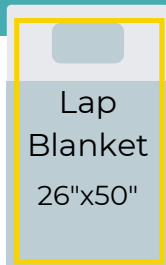


Next Page

What is the size of the mattress?

Small Mattress

27"x52"



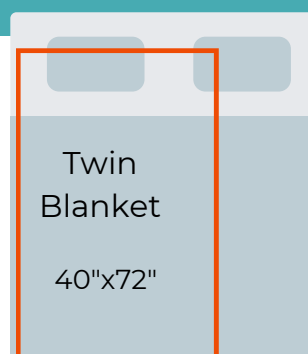
Twin Mattress

38"x75"



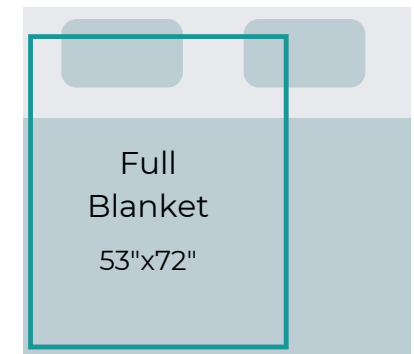
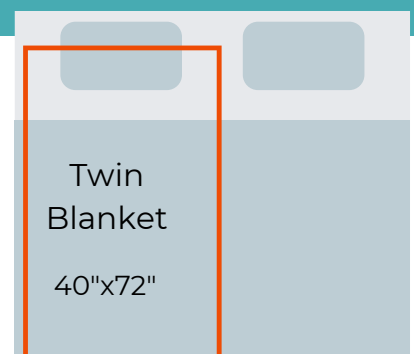
Full, Queen Mattress

60"x80"



King Mattress

76"x80"



What Else Should I Consider?

- You DON'T want your weighted blanket to hang over the edge of your mattress (gravity will pull it off of you and the bed). It is not designed to dress your bed like a comforter across the top and draped down the sides.
- Use directly on your skin* or use a sheet, then an extra blanket on top if needed for warmth and/or a bedspread to dress the bed (*blankets are machine wash & tumble dry! No complicated, messy duvet covers!).
- For optimum benefits, do not share your blanket since the goal is to conform, compress and be in contact with you (The 3 C's of DPT). Stretching a blanket across another person may reduce DPT.



Always consider the physical & cognitive abilities of the user.
If they are unable to remove the blanket on their own, do not use.

What is the shape & size of the sleeper?



For optimal benefit, a weighted blanket should completely cover you. Consider a larger blanket for extra room and full coverage.

What type of sleeper are you?



Back Sleeper

Tummy Sleeper

Side Sleeper



If you sleep on your side, you may want a larger blanket.

We promise your CapeAble Blanket will become your favorite blanket.