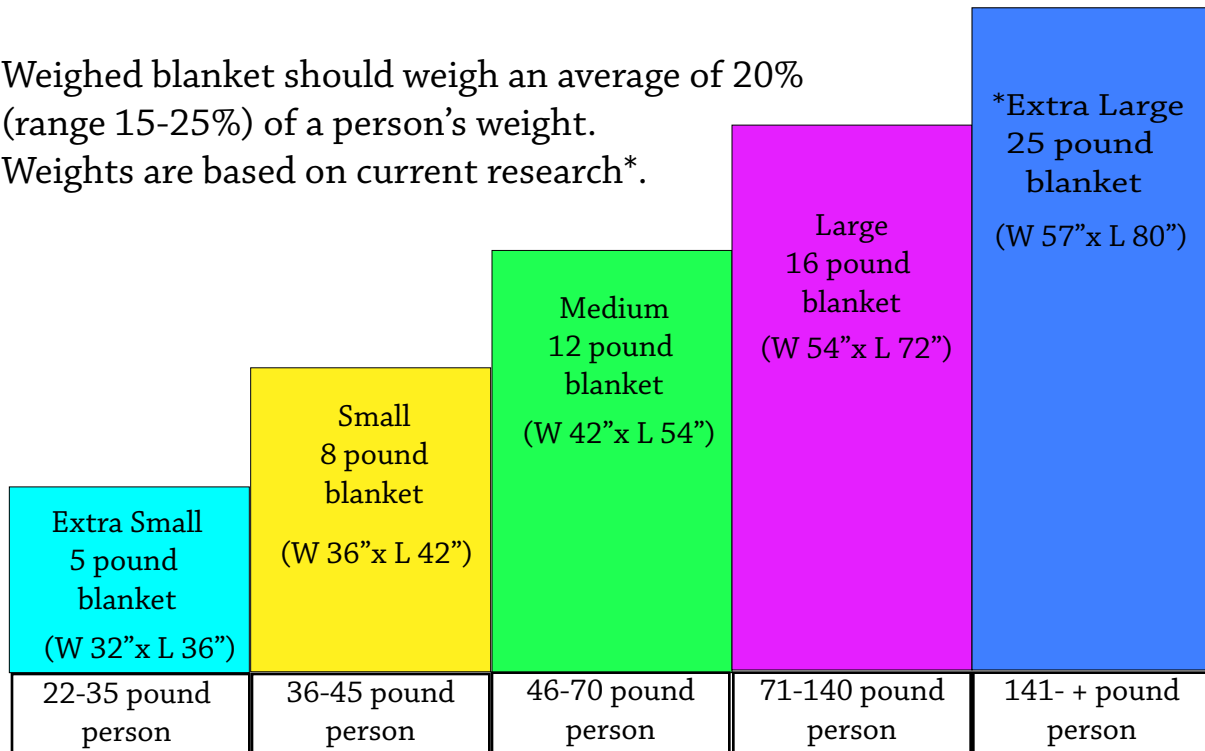


Select the proper size weighted blanket.

Weighted blanket should weigh an average of 20% (range 15-25%) of a person's weight.
Weights are based on current research*.



*Based on study by T. Champagne, Occupational Therapy in Mental Health, 2008 .