

Weighted blankets

A weighted blanket is designed to be heavier than a regular blanket. They come in a variety of weights and sizes depending on the needs of the person using them. Weighted blankets have been shown to help people with anxiety, sleep disorders and ADHD. The weighted blanket works because of the deep touch pressure it offers. It offers distributed pressure on the body. Stuffed animals, massages and hugs can provide similar deep pressure sensations as a weighted blanket

Benefits of weighted blankets

Because of the deep touch pressure that weighted blankets offer, it has been shown to increase serotonin levels causing a calming effect. In addition it decreases cortisol, thereby also reducing stress. Sleep disturbances will often be a major problem for those who suffer from anxiety. Regardless of the cause of the anxiety, a weighted blanket can help reduce a person's symptoms and ensure a better quality of sleep.

Weighted blankets have also proven beneficial for patients suffering from Autism, PTSD, OCD and Bipolar disorder.

Use of weighted blankets at the Douglas Mental Health Institute:

Providing our patients with weighted blankets will offer them an additional tool to support their recovery process. With over 240 in-patients, and more than 300 patients using day hospital services, having access to this will provide an additional therapeutic intervention that has not been accessible for patients before.

In the Child Psychiatry Program, services such as the Stearns in-patient unit and Lyall day program can benefit from using the blanket to help children and youth regulate their emotions and manage challenging behaviors.

Adult in-patient settings can also benefit from weighted blankets. Patients hospitalized for Anxiety, Depression, PTSD, Bipolar disorder and associated sleep disorders could find weighted blankets a good calming tool to support their recovery. If we are able to improve a patient's sleep, their mental health will also improve.