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Psychological Opinion

Presenting my opinion on the effects and numerous benefits of using weighted blankets by children and adults I underline the fact that they constitute a simple and efficient method supplementary to treatment in various psychophysical areas.

Sensory blankets are a therapeutic product that is currently the most recommended by specialists. With their gentle pressure they stimulate specialised receptors in muscles and tendons responsible for providing correct information about the position of a body and its parts in relation to each other. This is a skill necessary for the performance of even the simplest every day activities. As a certified psychologist and life coach, I believe that sensory blankets may be well used in the treatment of many psychophysical disorders, i.e.: ADHD, Asperger syndrome, Down syndrome, autism, sensory integration disorders, insomnia, sleep disorders, depression, neurosis, cerebral palsy, anxiety, aggressive behaviour and, in people over 60 years of age, Parkinson's or Alzheimer's symptoms.

As a psychologist, I have noticed a significant improvement in sensory integration among the users of sensory blankets. When applied during playing with children and sleep, they help to calm down after a full day of excitement, and improve the stimulation of the proprioceptive system responsible for the deep feeling. Proprioception is responsible for the awareness of the body's position, emotional security and proper social functioning. The results of research conducted by dr Temple Grandin have shown that the deep pressure on the body positively influences the reception of external stimuli. It also reduces the feeling of uncertainty and isolation, and allows for better control of one's emotions which is also significant in the context of struggling with seasonal depression. As a result, the weighted blankets have calming effects on people with excessive sensitivity to stimuli; and at the same time stimulating effects on people with insufficient sensitivity.

I believe that, when a child or adult demonstrates either increased or decreased sensitivity to stimuli, problems with concentration, reduced levels of motor coordination, abnormal levels of motor activity (both exceeded or limited) or difficulties in behaviour - weighted blankets become a very good tool supplementary to treatment.

