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**Instructions, cleaning & more information
about your weighted blanket**

What advantages does a weighted blanket provide?

Reduces anxiety and stress

Research shows that weighted blankets reduce stress and anxiety. These blankets facilitate the release of serotonin, and at the same time, help reduce cortisol levels (so-called stress hormone). A weighted blanket creates a pleasant feeling of security and well-being when placed over the body.

Studies have proven that a weighted blanket can be helpful for the following diseases, disorders and symptoms:

- Sleep Disorders / Insomnia (problems with falling asleep)
- ADD and ADHD
- Stress
- Asperger syndrome and Autism spectrum disorder
- Restless Legs Syndrome (RLS, Restless Legs)
- Patients going through chemotherapy
- Menopause
- Anxiety and panic attacks
- Internal and physical tension
- Sensory integration disorders
- People over 65 that are suffering from Alzheimer's, Parkinson's or Dementia



How do you use a weighted blanket?

You can feel benefits from your weighted blanket right from the start, from either short time use or the whole night. If you have problems on your first night, you can follow these 4 steps to get your body used to the weight.

Product use/ Instructions:



Day 1-3

15 minutes per day



Day 4-10

1 hour per day



Day 11-20

2 hours per day



Day 21+

The whole night



How do you wash a weighted blanket?

Weighted blankets can be washed in the washing machine at 30° C. Please make sure that your washing machine can accommodate the weight and size of your weighted blanket.



When will you feel the effects of using a blanket?

The effects of using a weighted blanket depend on the individual characteristics of each person, which explains why people experience differences. The first positive effects are usually noticeable after a few days; however, some may take a few weeks. After all, we are all different, and beauty is in diversity! Relax and give yourself time to become accustomed to this special product. You have up to 28 days from the date of delivery to decide whether you have made friends with our blanket or whether you want to return it.



Although the recommended weight of the blanket should be 10-15% of the user's body weight, we are aware that individual needs vary. If you think that the blanket you ordered is too heavy or too light, we will gladly exchange it for you - absolutely free! However, you will need to pay the shipping cost.

We are here to help

Each of us is different and unique, and therefore the feelings associated with the use of weighted blankets can vary. Do you have questions? Did we not meet your expectations? Do you need tips or advice on the use of our products? We create them for you, and we are here for you, always ready to help or solve any issues. Write to us at sales@onhealthcare.ie.

About Us

Senso-Rex® was founded in 2013 out of necessity. A small boy with autism quickly needed a weighted blanket, but most blankets available on the market were not affordable. That is why the founders of Senso-Rex® decided to make the blanket themselves. Starting from just one blanket, the concept quickly took off..

The blankets were initially made in a small apartment and mainly sold in Poland. Now we are located in a large, modern building with over 50 employees. Our weighted blankets are bought and appreciated by customers from all over the world.

Due to the fact that each blanket is crafted with care, it is our staff who are at the heart of our business. Our company atmosphere offers equal opportunity and sets the standard for a good work environment where each employee feels comfortable with each other. Our employees are from all age groups and bring in their unique character traits. We consider a great importance to include mentally and physically impaired people in various parts of the manufacturing process. We are proud of our high-quality weighted blankets and the sustainable and environmentally friendly manufacturing process that takes place entirely within the EU.

We take our customer care very seriously, whether they are a child or an adult, and offer them a top quality product.

Our gravity blankets are designed to give you a peaceful and healthy sleep and our employees a place to work at every morning.

It is our wish and goal to reach as many people as possible who can benefit from a gravity blanket. There is great interest from hospitals, nursing homes and kindergartens. We will maintain our high quality product standards and continue to expand our business in order to help as many people as possible who are suffering from stress, sleep problems,



developmental disorders such as ADHD, Autism spectrum disorder, Asperger's or Down syndrome. We strive to establish our gravity blanket as a leading product in the international market.