

SOMNA® TRIAL FORM

SOMNA CHAIN WEIGHTED BLANKET™ (AT NIGHT)

Namn Date

Age Diagnosis

Application areas:

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Do you take any medication, if so what?

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BEFORE TESTING

User/relative/member of staff's view – mark with an "X" on the scale

Anxious _____ Peaceful
 1 2 3 4 5 6 7 8 9 10

Motor restlessness _____ Calm
 1 2 3 4 5 6 7 8 9 10

Negative _____ Positive
body image 1 2 3 4 5 6 7 8 9 10 body image

Tense _____ Relaxed
 1 2 3 4 5 6 7 8 9 10

Comments:

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WEEK 1 WITH SOMNA CHAIN WEIGHTED BLANKET™

Weight of Somna Chain Weighted Blanket™:

4 kg 6 kg 8 kg 10 kg 12 kg 14 kg

Somna Chain Weighted Blanket™ HD: 15 kg

Children's sizes: 3,4 kg 5 kg **Infant's blanket:** 1,5 kg

User/relative/member of staff's view – mark with an "X" on the scale

Anxious	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Peaceful
	1	2	3	4	5	6	7	8	9	10		
Motor restlessness	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Calm
	1	2	3	4	5	6	7	8	9	10		
Negative body image	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Positive body image
	1	2	3	4	5	6	7	8	9	10		
Tense	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Relaxed
	1	2	3	4	5	6	7	8	9	10		

Comments:

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WEEK 2 WITH SOMNA CHAIN WEIGHTED BLANKET™

User/relative/member of staff's view – mark with an "X" on the scale

Anxious	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Peaceful
	1	2	3	4	5	6	7	8	9	10	
Motor restlessness	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Calm
	1	2	3	4	5	6	7	8	9	10	
Negative body image	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Positive body image
	1	2	3	4	5	6	7	8	9	10	
Tense	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Relaxed
	1	2	3	4	5	6	7	8	9	10	

Comments:

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WEEK 3 WITH SOMNA CHAIN WEIGHTED BLANKET™

User/relative/member of staff's view – mark with an "X" on the scale

Anxious	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Peaceful
	1	2	3	4	5	6	7	8	9	10	
Motor restlessness	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Calm
	1	2	3	4	5	6	7	8	9	10	
Negative body image	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Positive body image
	1	2	3	4	5	6	7	8	9	10	
Tense	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Relaxed
	1	2	3	4	5	6	7	8	9	10	

Comments:

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WEEK 4 WITH SOMNA CHAIN WEIGHTED BLANKET™

User/relative/member of staff's view – mark with an "X" on the scale

Anxious	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Peaceful
	1	2	3	4	5	6	7	8	9	10	
Motor restlessness	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Calm
	1	2	3	4	5	6	7	8	9	10	
Negative body image	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Positive body image
	1	2	3	4	5	6	7	8	9	10	
Tense	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Relaxed
	1	2	3	4	5	6	7	8	9	10	

Comments:

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Has there been any change in your medication as a result of using the Somna Chain Weighted Blanket™?

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Comments:

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