



COOL



ZIP



2-1 FUNCTION

INSTRUCTIONS FOR USE SOMNA® BLANKET

Settle down with the Somna® Blanket. The chains inside the lengthwise channels shape the blanket tightly to the body's contours, giving the user a pleasant feeling of being embraced.



USE

The Somna® Blanket is based on Somna's patented solution, with chains stitched into lengthwise channels. The chains are attached at both ends and cannot be removed. The steel chains are painted and therefore completely silent.

The Somna® Blanket has a two-in-one function: one chain side and one padded side. Which side is against the body is down to personal choice. Having the chains against the body provides greater tactile stimulation. Try out both sides to see what's best for you. The chain side has a half-moon illustration/icon to easily distinguish it from the padded side.

Use the blanket in a duvet cover. You can use the blanket for a whole night's sleep, but we recommend using it for short intervals to begin with, and then increasing gradually. The blanket is so supple that you can also fold it if you require more weight on a certain area of the body. The Somna® Blanket is designed to be as cool as possible.

Draping the blanket over the shoulders and letting it adapt to your body shape while seated is nicely relaxing when resting during the daytime.

WASHING INSTRUCTIONS

Use the accompanying laundry bag. A zipped blanket should be opened before washing.



Maximum 60°C
Gentle wash cycle.



No liquids stronger than PCE
when dry cleaning



Do not bleach



Dry the blanket immediately
after washing



Do not tumble dry



Do not iron



PRODUCT INFORMATION



The Somna® Blanket fulfils SS-EN ISO 12952-2 standards (Ignitability of bedding items - Ignition source: match flame equivalent). Outer fabric in flame-resistant Trevira CS material.

Textile: 90% Polyester, 10% Polypropylen

Filling: 100% Steel chains



The Somna® Blanket is CE approved to the Medical Devices Directive 93/42/EEC.



The Somna® Blanket is a Swedish patented product.

SIZES/WEIGHTS

140 x 200 cm / 4, 6, 8, 10, 12, 14 kg

100 x 140 cm / 3, 5 kg

 4 kg  10 kg

 6 kg  12 kg

 8 kg  14 kg

The colour marking on the short edge of the cover indicates the weight of the blanket according to the key above

NOTE

- If the user has reduced lung capacity, seek medical advice before using a weighted blanket.
- Consult a doctor if the user has any surgically inserted devices that may be affected by the steel in the chains.
- Beware the risk of tripping if the blanket is left on the floor.
- Take care if the user has low muscle capacity.
- When using hygiene cover ensure supervision is provided at all times as the cover could result in potential choking hazard.