



DAY



SOMNA® VEST ADULT & JUNIOR



DETACHABLE COLLAR FOR SOMNA® VEST

## INSTRUCTIONS FOR USE SOMNA® VEST 2.0

**The Somna® Vest is a daytime product that primarily affects the sense of touch and the muscle/joint senses. The user's body receives stimuli thanks to the vest's weight and embracing effect.**

### USE

The vest should be used as close to the body as possible, e.g. with a T-shirt underneath, and the adjustable straps should be tightened to achieve the best effect. The vest and weighted collar may be used together or separately. The Somna® Vest is ideal for use with a sweater or jacket on top.

The weight and pressure on the body affect the tactile and proprioceptive senses, which has a calming effect.

The Somna® Vest is made of a durable fabric.

The user decides how hard to tighten the straps for the desired effect.

## WASHING INSTRUCTIONS

Use the accompanying laundry bag.



Maximum 60°C – gentle wash cycle.



Vest: No liquids stronger than PCE when dry cleaning



Do not bleach



Collar: Do not dry clean



Do not tumble dry



The collar must not be heated.



Do not iron

## PRODUCT INFORMATION



The vest fulfils SS-EN ISO 12952-1 standards (Ignitability of bedding items – Ignition source: smouldering cigarette).

**Textile:** 70% Polyester, 30% Cotton

**Filling:** 100% Steel chains



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



The Somna® Vest is a Swedish product.

## SIZES

**Adult:**

X-Small, Small, Medium, Large, X-Large

**Junior**

110/122 (4-7 yrs), 128/140 (7-10 yrs), 146/158 (10-13 yrs)

## NOTE

- If the user has reduced lung capacity, seek medical advice before using a weighted vest.
- Consult a doctor if the user has any surgically inserted devices that may be affected by the steel in the chains.
- Take care if the user has low muscle capacity.
- Take care to ensure the vest does not catch when playing.