



## INSTRUCTIONS FOR USE SOMNA® VEST BALANCE

The Somna® Vest Balance 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 to achieve the best effect. We recommend wearing only a vest top or T-shirt underneath. Open the Velcro straps on front of the vest. Pull the vest over your head. Then adjust the length using the Velcro straps on the shoulder straps. Tighten the three elastic straps to adjust the pressure against the body. Adjust the vest's tightness to your particular requirements. The Somna® Vest Balance is ideal for use with a sweater or jacket on top.

It's up to you how long you wish to wear the vest on a particular day. We recommend using it for short intervals to begin with, and then increasing gradually.

Ideal for combining with the Somna® Weighted Collar for greater 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 Somna® Vest Balance 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 Balance is CE approved to the Medical Devices Directive 93/42/EEC.



The Somna® Vest Balance is a Swedish product.

## SIZES

**Adult:**

Junior (4-8 yrs), XS, S/M, M/L, L/XL

### 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 chains.
- Take care if the user has low muscle capacity.
- Take care to ensure the vest does not catch when playing.