



SENSORY-BASED INTERVENTIONS
PRODUCT BROCHURE

A GREAT DAY BASED ON A GOOD NIGHT'S SLEEP

Our weight and pressure products are much-appreciated assistive devices and are prescribed to enhance the everyday lives of people with cognitive impairments. The products are also effective on people suffering from stress, anxiety and sleeping problems. Somna's products are based on a unique, solution that helps people to relax, become calm and sleep better by natural means.

Our products are designed based on the theory of Sensory Integration (SI) and Deep Touch Pressure (DTP), which means that the weight, pressure and embracing effect help to enhance body awareness, and calm down.

Reasons for using our products are to increase:

- Body awareness
- Concentration & focus

and to reduce:

- The level of sensory seeking behaviour
- Stress & anxiety
- Sleeping problems & restlessness

The company's name Somna means 'to fall asleep' in Swedish and alludes to the importance of a good night's sleep to a functioning daily life.

Somna was founded in 2008 and has since then conducted its own product development, manufacturing, training and sales. This means that the company has full control over the entire process and can guarantee the highest quality, as well as support and service for all incoming queries.

Somna is certified to ISO 9001 and ISO 14001, thus assuring the quality of our products and our working methods. All Somna products come with a two-year warranty.



Manufacturing in-house in Sweden.



Somna® is a registered trademark.



Somna's products meet the requirements of the Medical Devices Directive 93/42/EEC.



The Somna® Blanket & Somna® Comforter are certified to OEKO-TEX® Standard 100 (Class 1) and meet the highest level of human-ecological requirements.

SOMNA® BLANKET



The Somna® Blanket is designed to relieve agitation, anxiety, and insomnia. The chains in the blanket follow the body's contours, distributing the pressure evenly and giving the user a pleasant feeling of being embraced. The effect is that you can relax, wind down, and achieve a better quality of sleep.

All Somna® Blankets has a two-in-one function, one chain side and one padded side. The padded side gives you a deep pressure and the chain side a more tactile stimulation. Which side you prefer to have closest to your body is individual.

Somna® offers blankets for several needs. Somna® Blanket is our classic weighted blanket and comes in the weights 4 to 14 kg. In the Somna® Blanket Balance the chains are placed more centrally, in line with the body's position, which provides even more of an embracing effect. This can be particularly beneficial for people of a thin physique. The Somna® Blanket Sensitive has double padding on the padded side, which makes it warmer and softer than the standard Somna® Blanket. It suits well for elderly or pain patients.

Somna® Blanket is, through its unique design one of the most practical weighted blanket available today. The blankets 2-in-1 function with a soft padded side and a chain side visually distinguishes by a textile with half moons on the chain side.

Somna® Blanket is a airy weighted blanket that breathe. The padding in the blanket is made as thin as possible where the fabric has a construction with small pores and cavities that allows both moisture and steam to be easily transported. In this way, a comfortable and dry environment is created throughout the night.

The Somna® Blanket both halves are colour-marked to make handling easy when washing. With the zipper the blanket should be divided into two parts during washing, where each part has a colour marking that represents the weight of the blanket. This makes it easy to match a two-piece blanket with the right part when washed together with several other blankets.





Somna® Blanket

140x200 cm 4, 6, 8, 10, 12, 14 kg
100x140 cm 3 & 5 kg (Junior)

- The Classic Somna® Blanket
- Divisible from 6 kg
- Cool thanks to the thin padding



COOL



ZIP



2-IN-1 FUNCTION



Somna® Blanket Balance

140x200 cm 8 kg

- Centered chains
- Divisible
- Cool thanks to the thin padding



COOL



ZIP



2-IN-1 FUNCTION



Somna® Blanket Sensitive

140x200 cm 4, 6, 8, 10, 12, 14 kg
100x140 cm 3 & 5 kg (Junior)

- Warmer and softer on the side thanks to more padding
- Divisible from 4 kg



SENSITIVE



ZIP



2-IN-1 FUNCTION

MATERIALS

Textile: 90% Polyester, 10% Polypropylen (flame retardant outer textile).

Filling: 100% Steel chains

"This blanket is firm yet supple. The weight helps the user to wind down both physically and mentally, reducing inner stress. The blanket brings a pleasant, relaxing feeling."

Woman, grief and anxiety (Somna® Blanket)

"With its weight and design, the blanket effectively embraces the user, bringing a sense of calm and security. Both the body and mind relax, and this makes it easier to fall asleep."

Man, ADHD (Somna® Blanket Balance)

The Somna® Blanket and and Somna® Blanket Sensitive have colour-markings on both halves that indicates the weight of the blanket. This to make it easier to handle when washing several different weights at the same time.

	4 kg		10 kg	
	6 kg		12 kg	
	8 kg		14 kg	<i>Somna® Blanket</i>
	4 kg		10 kg	
	6 kg		12 kg	
	8 kg		14 kg	<i>Somna® Blanket Sensitive</i>

The chain side has a pattern of small half moons which makes it easy to distinguish from the padded side.



COOL OR HOT?

From now and then we receive questions about how warm our blankets are. A prejudice that some people have is that a heavy blanket also must be warm. To guide our customers we've tested our blankets' thermal insulation capacity. Thermal insulation, thermal resistance in other words, is a measurement that describes a material's capacity to store heat. The higher the thermal resistance is the warmer the blanket feels, and the other way around; A lower value equals a cooler blanket.

To obtain a reliable result we tested the thermal resistance in two different ways, according to two different ISO-standards. Firstly, the Somna Blankets were tested in comparison with standard blankets on the market. The method for this test was to simulate a real situation where a whole blanket was used on a thermal manikin with normal body temperature. Secondly, the TOG-value was determined. The TOG-value is individual to a specific combination of materials and constructions and it's often used for describing how warm a textile product feels. The results are shown in the diagram below. The Somna Blanket is as cool as the thinnest summer blankets on the market. Somna Blanket Sensitive is a little bit warmer with its' double amount of wadding.



SOMNA® COMFORTER



The Somna® Comforter is ideal for use before or during an activity to increase focus or for daytime resting. It is also beneficial for preventive purposes.

Just like Somna® Blanket the Somna® Comforter has a padded side and a chain side. The steel chains are supple, which helps the comforter shape itself tightly to the body's contours, bringing a calming weight and evenly distributed pressure on the body. The comforter can be used in both sitting or lying positions.

The Somna® Comforter is available in two lengths, short and long. The short comforter is good to have in your lap, while the longer one is better if you want to wrap it around yourself or fold it for more weight and deeper pressure.



Somna® Comforter (short)

70x125 cm 4 kg



Somna® Comforter (long)

70x200 cm 5, 7 kg



- Cool thanks to the thin padding on one side
- Two-in-one function: one padded side and one chain side
- Durable material
- Pleasant color

MATERIALS

Textile: 75% Polyester, 17% Cotton, 8% Polypropylen

Filling: 100% Steel chains

"I love it, it's perfect. Now I can sit with my legs still, which is great!"

Young woman, Asperger's, ADHD and anxiety

"I've tried a comforter on the feet of a patient with neuropathy, with good effects."

Physiotherapist, Palliative care ward.

SOMNA® VEST



Somna® Vest 2.0 and Somna® Vest Balance are used during the day, and contributes to greater body awareness and concentration. They should be worn as close to the body as possible. Both vest can ideally be worn under a sweater or jacket.

The vests help the user to maintain focus and filter out unnecessary impressions. A vest can be worn, for instance, to help the user cope in social situations, or to prepare ahead of and during activities that may be demanding.

The pressure on the body can be adapted using the adjustable straps. Somna® Vest 2.0 is adjusted by three straps that are fastened with buckles. Somna® Vest 2.0 also have a thin soft padding against the shoulders for extra comfort.

Somna® Vest Balance is adjusted by three elastic bands with Velcro can also be adjusted lengthwise by Velcro at the shoulders.

Weight collar is included in both vests. The collar is adapted to each vest and size.



Somnat® Vest 2.0

110/122	1 kg
128/140	1,5 kg
146/158	2 kg
XS	2 kg
S	2,5 kg
M	3 kg
L	3,5 kg
XL	4 kg



Collar is included; Junior size 1,5 kg and adult size 2,5 kg.



Somna® Vest Balance

Junior (4-8 years)	1 kg
XS	2 kg
S/M	2,5 kg
M/L	3 kg
L/XL	3,5 kg



Collar is included; Junior - 1kg, XS - 1,5kg, samt S-XL - 2kg.

- Discreet, worn under a sweater or jacket
- Two-in-one function: with or without collar
- Cool - thin material

MATERIALS

Textile: 70% Polyester, 30% Cotton

Filling: 100% Steel chains

"I got a real hug and it calmed me down, as I had anxiety at the time. I really appreciated the embracing feeling it gave me. It felt like I was being held together and wasn't in bits because of the anxiety."

Young woman, Asperger's, ADHD and anxiety

"I put the vest on at work when my body and mind feel distressed. The vest makes me feel calm and peaceful, I feel safe and secure when I'm wearing it."

Man, intellectual disability

SOMNA® COLLAR



The Somna® Collar helps to reduce tension in the body and shoulders. The weighted collar is ergonomically designed, positioned across the rib cage and between the shoulder blades without burdening the neck.

It can be used sitting or moving around. The collar contributes to greater body awareness and concentration. Typical uses are at home to recover after a demanding day, at school/work to increase concentration, and for static work sitting still.



Somna® Collar

S-XL (2 kg)

XS (1.5 kg)

Junior (1 kg)

- Can be used sitting or moving around
- The granules shape themselves to the shoulders
- Improves posture
- Not intended to be heated

MATERIALS

Textile: 55% Polyester, 45% Cotton

Filling: 100% Polyester



Covers in various colours are available to purchase as accessories.

"I tend to talk and rock on my chair. That lessened when I started using the collar. I could work more effectively, which was a great plus."

Pupil in a case study at school

"I used to get a headache when I worked, but it got better when I started using the collar."

Woman, stress and tension headache



EVIDENS

At Somna, we have more than 10 years of experience in weighted products that shows us how users have been helped and received an improved quality of life. However, it is important to also be able to demonstrate this effect at a clinical level. In our work, it is of great importance to work with evidence-based prescribing, which is why we have compiled a number of research reports in this coming section that delineate this.

Positive effects of a weighted blanket on insomnia

Ackerley R, Badre G, Olausson H (2015). J Sleep Med Disord 2(3): 1022.

The study looks at the effects of the Somna® Blanket in 31 subjects who suffer from insomnia. The subjective results showed that the participants liked sleeping with the Somna® Blanket. They felt that it was easier to settle down to sleep, and that they slept better. They also said they felt more refreshed in the morning. Objectively, the study found that the sleeping period increased, and that movements during sleep decreased when participants slept with the Somna® Blanket. In summary, the researchers found (both objectively and subjectively) that the participants could sleep more calmly when they used the Somna® Blanket.



Weighted blankets for insomnia in affective disorder and ADHD – a clinical follow up study

Bodil Ekholm, The Affective Disorder outpatient clinic at Psychiatry Southwest, Karolinska University Hospital Huddinge. Mats Adler, Institution for Clinical Neuroscience, Karolinska Institutet, Sweden (2018).

A clinical follow-up study has been conducted at the Affective Disorder outpatient clinic at Psychiatry Southwest, Karolinska University Hospital Huddinge in Sweden. 199 psychiatric patients with affective and ADHD diagnoses and co-occurring insomnia were included consecutively and treated with weighted blankets as a part of a clinical routine. 139 chain blankets and 79 ball blankets were prescribed. The patients were evaluated before and after four weeks use of the blanket concerning time to sleep onset and ten sleep-related symptoms, using a self-rating scale, and after one year by a telephone interview.

The use of weighted blankets reduced the median time to fall asleep from 70 to 30 minutes ($p < 0.001$) and led to a significant improvement of ten other sleep-related symptoms at the follow up after four weeks. After one year the positive effects on sleep were still maintained.

In spite of the positive results, studies with controlled design are warranted.

Effects of Weighted Vests on Attention, Impulse Control, and On-Task Behaviour in Children with Attention Deficit Hyperactivity Disorder

Lin H-Y, Lee P, Chang W-D, Hong, F-Y (2014) American Journal of Occupational Therapy, 68, 149-158.

The study examines the effectiveness of using weighted vests for improving attention, impulse control, and on-task behaviour in children with attention deficit hyperactivity disorder (ADHD). In the study 110 children with ADHD were measured and the results showed that in the weighted vest condition, the participants did show significant improvement in all three attentional variables of the CPT-II task, including inattention; speed of processing and responding; consistency of executive management; and three of four on-task behaviours, including off task, out of seat, and fidgets. No significant improvements in impulse control and automatic vocalizations were found. The findings support the use of the weighted vest which could remedy attentional and on-task behavioural problems of children with ADHD.

Evaluating the Safety and Effectiveness of the Weighted Blanket with Adults During an Inpatient Mental Health Hospitalization

Champagne, T., Mullen, B., Dickson, D & Kr-ishnamurty, S. (2015). Occupational Therapy in Mental Health, 31:3, 211-233

The aim of the study was to investigate the safety and effectiveness of the standardized use of a 30-pound (14 kg) weighted blanket (WB). A total of 30 adults from an acute inpatient mental health hospitalization participated. Safety measured data included blood pressure, pulse rate, and pulse oximetry monitoring, with and without the 30-pound WB. Measurements regarding the safety concluded that the use of the 30-pound weighted blanket did not cause any adverse influence on physiological safety in terms of blood circulation, as evidenced by the three vital signs data collected, for all the 30 participants. The effectiveness of the weighted blankets measured that the STAI-10 results showed that 60% of the participants had a positive effect while using the weighted blanket. The 0-10 self-rating showed that 66.7% had a significant reduction in anxiety using the weighted blanket. The study indicates that the use of a WB was 100% safe and effective for 60% of the adult participants.

Pilot study of a sensory room in an acute inpatient psychiatric unit

Theresa Novak, Justin Scanlan, Damien Mc-Caul, Nathan MacDonal, Timothy Clarke (2012). The Royal Australian and New Zealand College of Psychiatrists.

This study examined the outcomes associated with the introduction of a sensory room in an acute inpatient psychiatric unit. Use of the room was associated with significant reductions in distress and improvements in a range of disturbed behaviours. Those individuals who used the weighted blanket reported significantly greater reductions in distress and clinician rated anxiety than those who did not. The sensory room was an effective intervention to ameliorate distress and disturbed behaviour, although this did not translate into reductions in overall rates of seclusion or aggression. Weighted blankets appeared to be particularly useful.

The Use of a Weighted Vest To In-crease On-Task Behavior in Children With Attention Difficulties

VandenBerg, N. L. (2001). American Journal of Occupational Therapy, 55, 621-628.

In this study, students with documented attention difficulties and hyperactivity used a weighted vest while measuring their on-task behaviour during fine motor activities in the classroom. On-task behaviour increased by 18% to 25% in all students while wearing the weighted vest. The preliminary findings support the hypothesis that wearing a weighted vest to apply deep pressure increases on-task behaviour during fine motor activities.

Effects of a weighted vest on attention to task and self-stimulatory behaviors in preschoolers with pervasive developmental disorders

Fertel-Daly D, Bedell G, Hinojosa J (2001). American Journal of Occupational Therapy, 55, 629-640.

This study examined the effectiveness of using a weighted vest for increasing attention to a fine motor task and decreasing self-stimulatory behaviours in preschool children with pervasive developmental disorders (PDD). The findings suggest that for these children, the use of a weighted vest resulted in an increase in attention to task and decrease in self-stimulatory behaviours. The most consistent improvement observed was the decreased number of distractions.

Physiological Effects of Deep Touch Pressure on Anxiety Alleviation: The Weighted Blanket Approach

Hsin-Yung Chen, Hsiang Yang, Huang-Ju Chi, Hsin-Ming Chen (2013). Journal of Medical and Biological Engineering, 33(5), 463-470.

In the study, dental treatment is used as the source of anxiety to investigate the effects of Deep Touch Pressure (DTP) provided by a weighted blanket on the autonomic nervous system modulation for subjects with anxiety during dental treatment using physiological measurements and behavioural assessments. The effects of DTP intervention between dental treatment phases, with a focus on the modulation of orchestration of sympathetic and the parasympathetic nervous system, are also investigated. The study provides physiological evidence to support the positive clinical effects of DTP for reducing anxiety in dental environments.

The effect of the wearing of weighted vests on the sensory behaviour of learners diagnosed with attention deficit hyperactivity disorder within a school context

Fransli Buckle, Denise Franzsen, Juanita Bester (2011). South African Journal of Occupational Therapy, 41(3).

This study investigated the effect that wearing a weighted vest had on children in their in-seat behaviour, task completion speed and attention-to-task, in the classroom. The Phase group effect for in-seat behaviour and attention-to-task indicated a statistically significant difference when learners wore weighted vests. The weighted vests improved the in-seat behaviour and attention to task of learners diagnosed with ADHD in a classroom context.

All studies are summarized by Somna AB.

WASHING

Somna® Blanket, Somna® Blanket Balance, Somna® Blanket Sensitive Somna® Comforter

Use the accompanying laundry bag. Products with zipper should be divided before washing.



Maximum 60°C - gentle wash cycle



No liquids stronger than PCE when dry cleaning



Do not tumble dry



Reconditioning is possible at 70°C



Do not iron



Drying cabinet max. 40°C



Do not bleach

The blanket can also be used with a hygiene cover which can be washed in 90°C. The hygiene cover is available as an accessory.

Somna® Vest 2.0, Somna® Vest Balance

Use the accompanying laundry bag. Close the buckles and velcros before washing.



Maximum 60°C - gentle wash cycle



Do not bleach



Do not tumble dry



Collar: do not dry clean



Do not iron

Somna® Collar

Use the accompanying laundry bag.



Maximum 60°C - gentle wash cycle



Do not bleach



Do not tumble dry



Do not dry clean



Do not iron



Not to be heated in a microwave oven

PRODUCT LIST

Article number	Article name	Measurement/ Weight
500170	Somna® Blanket 4 kg	140x200 cm
 500175	Somna® Blanket 6 kg	140x200 cm
 500180	Somna® Blanket 8 kg	140x200 cm
 700590	Somna® Blanket 8 kg Balance	140x200 cm
 500185	Somna® Blanket 10 kg	140x200 cm
 500190	Somna® Blanket 12 kg	140x200 cm
 500195	Somna® Blanket 14 kg	140x200 cm
500200	Somna® Blanket Junior 3 kg	100x140 cm
500205	Somna® Blanket Junior 5 kg	100x140 cm
 500280	Somna® Blanket Sensitive 4 kg	140x200 cm
 500281	Somna® Blanket Sensitive 6 kg	140x200 cm
 500282	Somna® Blanket Sensitive 8 kg	140x200 cm
 500283	Somna® Blanket Sensitive 10 kg	140x200 cm
 500284	Somna® Blanket Sensitive 12 kg	140x200 cm
 500285	Somna® Blanket Sensitive 14 kg	140x200 cm
500230	Somna® Blanket Sensitive Junior 3 kg	100x140 cm
500235	Somna® Blanket Sensitive Junior 5 kg	100x140 cm
600610	Somna® Comforter 4 kg	70x125 cm
600613	Somna® Comforter 5 kg	70x200 cm
600615	Somna® Comforter 7 kg	70x200 cm
600785	Somna® Vest 2.0 XS	2 kg
600790	Somna® Vest 2.0 S	2,5 kg
600795	Somna® Vest 2.0 M	3 kg
600800	Somna® Vest 2.0 L	3,5 kg
600805	Somna® Vest 2.0 XL	4 kg
600770	Somna® Vest 2.0 110/122	1 kg
600775	Somna® Vest 2.0 128/140	1,5 kg
600780	Somna® Vest 2.0 146/158	2 kg
600810	Somna® Vest Balance Junior (4-8 yr)	(Somna® Collar Junior included) 1 kg
600815	Somna® Vest Balance XS	(Somna® Collar XS included) 2 kg
600820	Somna® Vest Balance S/M	(Somna® Collar S-XL included) 2,5 kg
600822	Somna® Vest Balance M/L	(Somna® Collar S-XL included) 3 kg
600825	Somna® Vest Balance L/XL	(Somna® Collar S-XL included) 3,5 kg
500266	Somna® Collar Junior	1 kg
500267	Somna® Collar XS	1,5 kg
500268	Somna® Collar S-XL	2 kg



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