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## Anti gravity blanket reviews

Weighted blankets are the trendiest way to help poor sleepers get a good night's sleep. They were first introduced by occupational therapists as a treatment for behavioral disorders, but are now more mainstream for those who want to relax. Experts talk about gravure therapy – the idea is that the pressure from the ceiling can increase Serotonin, a chemical in your body that makes you feel happy and calm. It is not intended to cure any medical conditions, but it has become a popular way for anxiety sufferers, insomnia, and self-proclaimed bad sleepers to get some closed eyes. Experts at the Good Housekeeping Institute regularly review bedding and sleep improvement products. To select the best weighted ceilings, the fiber scientists in the Textiles Lab took into account the materials used, the weight distribution (so that the beads don't just clump on each side), innovative properties and washability. We sent weighted blankets home with real consumer testers to try them out for additional feedback. Below you will find everything you need to know about choosing your ideal weight, as well as our top picks for the best weighted blankets. Do weighed ceilings really work? Yes; Experts advise that the use of a weighted blanket has real advantages. There is recent research suggesting that it can help reduce or alleviate anxiety, says Christine Rocchio Mueller, occupational therapist at the Hospital for Special Surgery in New York City. Rocchio Mueller also says they can help people who may not be anxious but still suffer from insomnia or sleep disorders: a weighted blanket could provide just enough physiological rest to help them relax to fall asleep. Many users describe the feeling of lying under a weighted blanket as a hug. Rocchio Mueller: One of the most natural things is to reach and hug a family member or a friend when they are upset or anxious. While a hug may not solve all your problems, it often helps you feel better by calming your body, which then allows you to think a little clearer. Weighted blankets have been around for a while, but they are now widely used with many options to choose from. Just remember that they are cheaper than normal litter blankets – most range from 100 to 200 dollars. How heavy should a weighted blanket be? For adults, the blankets themselves are heavy, but not so heavy that you feel crushed under them. The ceilings are usually filled with tiny glass or plastic beads to increase the pressure. Glass beads are most popular because they are denser than plastic pellets. Here how to choose: Do the math. Most manufacturers recommend choosing a weighted blanket that is about 10% of your body weight. So if you weigh about 150 pounds, a blanket at 15 pounds is ideal. Don't worry about it being accurate; in the range of 7-12% is considered good. Avoid oversized ceilings. The blanket should not hang on the side of your bed: the weight can make it fall off at night. Also, a larger size means that the weight is more distributed, so you feel less pressure. Even if you have a larger bed, you can use a twin or single-sized weighted blanket. Caution: Weighted blankets should not be used by someone who cannot move freely under the weight. Although they are sometimes used as a therapeutic agent for children, it is important to talk to their pediatricians first. Best Overall Weighted BlanketThe Gravity Gravity Gravity Blanket blanket is often synonymous with weighted blankets as the brand's Kickstarter campaign went viral and made the category more mainstream. It has everything you need for a well-weighted ceiling: grid-like seams to keep the glass beads in place, a cozy microfleece cover that is machine washable, and secure buttons and ties to ensure the ceiling stays in the cover. It comes in just one size for individual size, but you can choose from three colors (grey, blue and white) and three weights (15, 20 and 25 pounds). Best Value Weighted BlanketTranquility Weighted Blanket Tranquility If the hefty price tag that comes with the most weighted ceilings is a diversion, consider Tranquility's option, which is a fraction of the cost but still has high-quality features. It is filled with glass beads and the fabric of the outer cover has temperature-regulating properties to prevent overheating. And while most of the cheaper weighted blankets don't come with a washable cover (you have to buy them separately), the removable cover can be cleaned in the washing machine. It only comes in the gray color, but you can choose from 12, 15, 18 or 20 pounds for weight. Best Weighted Blanket for CouplesBrooklinen Weighted Comforter Brooklinen Most weighted blankets are like heavier throws, but this unique offering from Brooklinen doubles as both a weighted blanket and a comforter for your bed, so you don't have to use two. It has a fluffy down-alternative filling, high quality cotton outer fabric and comfortable bows at the corner so you can attach it to your duvet. It gets its weight from glass microbeads that are evenly distributed, and it is available in a total of five weights for Twin/Twin XL, Full/Queen and King/California King bed sizes. The most versatile weighted BlanketQuility Premium Weighted Blanket Quility This is an Amazon bestseller with over 17,000 reviews from users who say it feels incredible to sleep under. Like others, the inner ceiling has a cotton fabric and comes with a synthetic outer cover that is removable and machine washable. It is characterized above all by the fact that it has so many options to choose from, whether you can or as a throwing blanket for naps. There are five sizes, six colors and eight weights ranging from 5 to 30 pounds. Best Organic Weighted BlanketSaava Organic Weighted Blanket Saava Not only does Saava check the boxes onto a quality-weighted blanket – i.e. dense glass beads for printing and quilting to spread out – it is also made from an organic cotton velvet for the outer cover. Most cozy covers are made with synthetic fleeca, so this is ideal for those who prefer more natural fibers. In addition, the ceiling is manufactured in facilities that are Fair Trade Certified, which focuses on ethical factories such as wages and working conditions. Best Weighted Blanket on AmazonYnM Weighted Blanket YnM Another Amazon bestseller, this one has over 16,000 five-star reviews and is more affordable than others on the market. It doesn't come with a washable outer cover, but you can buy it separately if you prefer to have it. Choose from 14 weights and sizes (from 5 to 30 pounds), plus dozens of color options. Materials include a cotton cover, glass beads for filling, and additional layers of fiber and fabric with bag-filled quilts to stay evenly distributed. Best Washable Weighted BlanketLayla Weighted Blanket Layla While most weighted ceilings seem the same, this is unique thanks to its innovative features, such as its reversible design. One side has a cotton fabric that feels like a traditional bed sheet, while the other side is a cozy fleece that feels more like a litter blanket. And while most weighted ceilings come with a cover because they are not washable, this whole blanket can be washed by machine (just make sure the machine can handle a heavy load). Layla also offers a free 120-night return period so you can get your money back even if you've used it and don't love it. It is available in three sizes: a 15-pound twin, a 20-pound queen, and a 25-pound king. Best weighted blanket for Hot SleepersSleep Number True Temp Weighted Blanket Sleep Number If you want to use a weighted blanket but want to worry about waking up with night sweat, this 37.5 technology has built into the cover that helps regulate body temperature. It won't feel cold when you touch it, but it works all night long to prevent you from overheating. Choose from three colors and two weights: 12 or 20 pounds. The cover is machine washable and the inner ceiling has channels that help to keep the glass beads evenly distributed. Best Cooling Weighted BlanketBlanQuil Chill Cooling Weighted Blanket BlanQuil It's a favorite among Instagram influencers, but we love this version especially for its cooling features. It comes with a cover that feels instantly cool. Although it has no temperature-regulating benefits during the night, you will get this icy feeling as soon as you climb underneath. Like others, it is made with glass beads and the outer cover safely in the washing machine and dryer. Some online reviewers noticed that the beads tended to shift, but that it wasn't something they couldn't easily redistribute before cuddling up for the night. The blanket is available for 15 or 20 pounds and comes only in a white frost color. Most stylishweight-weighted ceiling Yassa Studios weighted ceiling Yassa This is your best bet if you prefer to put your weighted blanket on the sofa or or love the look of a fuzzy fleece fabric. Unlike other styles, it is knitted, making it look more like a trendy litter than a typical weighted blanket. It is also filled with recycled plastic fibers instead of beads like the other options in this roundup. The outer fabric is a soft cotton and it is available in either cream or grey to suit any house décor. Best Personalized Weighted BlanketSensaCalm Custom Weighted Blanket Sensacalm you get to choose the fabric, size, weight and finishing details for this bespoke and made to order blanket. You can even include poly filltoe to make it feel more like a fluffy comforter. (If you don't, it will be more like a quilt.) Unlike most other styles, this whole ceiling is machine washable. It is filled with glass beads and you can choose between five sizes, weighing between 3-45 lbs. and almost 50 colours and fabrics. Substances.

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