

# THE BEST WEIGHTED BLANKET FOR YOU

We have compiled the Best Weighted Blankets for each of the following categories for your convenience.

Weighted blankets should be 10% of your body weight. This engages pressure therapy, yet is comfortable for your blood circulation and breathing.



## ANXIETY & STRESS

### Gravity Blanket

Gravity has done their own independent studies on the benefits of weighted blankets in which they found 72% of Gravity Blanket users reported sleep improvement with enhanced feelings of relaxation and restfulness to help increase serotonin and melatonin and decrease cortisol, the hormone responsible for stress.



BUY NOW



BUY NOW



## COMFORT

### Sweet zzz Organic Weighted Blanket

OEKO-TEX Class 1 Certified and GOTS Certified Organic, this blanket is made with 100% organic bamboo cotton and is 2-sided so you get to choose if you want a silky smooth and soft side or a fleecy fluffy alternative. The blanket makes minimal noise and stays evenly distributed for a clean sleep experience.

## ECO-FRIENDLY

### TruHugs Weighted Blanket

Uses Natural & recycled materials that are nontoxic. Fabrics made from GOTS Certified Organic cotton and Organic hemp as well as organic soybean and industry-graded recycled micro polyester. Weaves its material from scratch with no toxic chemicals.



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## HOT SLEEPERS

### Luna Cooling Bamboo Weighted Blanket

Uses 100% lyocell bamboo which keeps the blanket cool-to-touch, thermo-regulating and antimicrobial. Weight of the blanket stays evenly distributed and offers a variety of weight options.

## LUXURY

### Saatva Organic Weighted Blanket

This blanket is made with 100% organic cotton velvet for a luxurious feel with diamond quilting to match the luxurious look. Organic cotton velvet provides maximum comfort and warmth and blanket is filled with all-natural glass beads for ultimate relaxation.



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## KIDS

### Hush Kids - Weighted Blanket for Children

Offers the lightest and smallest size options for kids along with kid-friendly blanket themes. The blanket uses soft cotton and breathable microfibers.

## VALUE

### YnM Bamboo Weighted Blanket

One of the best reviewed weighted blankets on Amazon, YnM offers a good-quality weighted blanket for a very reasonable price. They also have a large selection of colors and sizes for all types of budgets.



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## VERSATILITY

### Bearaby Cotton Napper

This blanket not only is great for sleeping at night but makes a great throw blanket for late nights on the couch. It has an ultra-breathable design that can be used in the most any situation and season. Doesn't hurt that it is the most stylish of the bunch as well.

If you have any questions on how to choose the Best weighted blanket for you and learn more about those mentioned in this list, please [visit Napping.com](https://www.napping.com)