

## *Weighted Blanket Warnings:*

- Minimum Age for use of Weighted Blankets is 2 Years Old.
- Recommended weight for a Weighted Blanket is 10% of the Body Weight, plus 1 pound.
- Weighted Blankets should never go past the shoulders, and should absolutely never cover the head.
- Weighted Blankets should never be used to restrain a person, or to restrict their movement.

