

Size & Weight Buying Guide for Weighted Products

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Guidance on selecting the appropriate weight of a Weighted Blanket

It is important that the weight of your blanket is in proportion to the bodyweight of the person using it. The commonly accepted principal verified by Occupational Therapists is that the weighted blanket should not exceed 10% of the user's bodyweight.

Use the table below to ensure that your weighted blanket is appropriate. On unpacking your weighted blanket we recommend that you check the weight which is printed on the product care tag sewn to the blanket. This tag should not be removed.

Minimum User Bodyweight	Blanket Weight
25kg	2.5kg
30kg	3.0kg
36kg	3.6kg
45kg	4.5kg
60kg	6.0kg
70kg	7.0kg
80kg	8.0kg

Adjustable Pocket Blankets: these blankets have removable weights so that the weight of the blanket can be adjusted up or down accordingly. If you choose to alter the weight of your blanket it is important that you check the blanket weight prior to use to ensure that it does not exceed 10% of the user's bodyweight.

School, Residential Units etc: If you have multiple users of weighted blankets, you should be careful to ensure that each child is using the appropriate weight.

Please note that using a cover will add to the overall weight of your blanket.

When not in use, ensure that your blanket is stored in a safe place out of reach of children.

Using your weighted blanket:

The weighted blanket should be always used under adult supervision. We recommend that you consult with your Occupational Therapist or other suitably qualified person prior to using the weighted blanket.

Relevant Downloadable guides:

- A [guide](#) to the Safety & Usage of Weighted Blankets, Lap Pads, Shoulder Wraps & Jackets.
- Weighted Therapy [Guide](#).

Guidance on selecting the appropriate weight of a Weighted Lap Pad

Lap Pads are available in 2 sizes; small (1kg) and large (2kg) and can be used across the lap or over legs whilst seated.

Before use, ensure that the lap pad is the appropriate weight for the person using it. As a general guide follow:

- small lap pad is designed for children aged 4 to 10 years old.
- large lap pad is designed for children over 10 years old, teens & adults.

This is a guide only and you should consult your Occupational Therapist or other suitably qualified person prior to use.



Relevant Downloadable guides:

- A [guide](#) to the Safety & Usage of Weighted Blankets, Lap Pads, Shoulder Wraps & Jackets.
- Weighted Therapy [Guide](#).

Guidance on selecting the appropriate weight of a Weighted Shoulder Wrap

Shoulder Wraps are available in 2 sizes; small (800g) and large (1.2kg) and can be used across the shoulders or over the lap whilst seated.

Before use, ensure that the shoulder wrap is the appropriate weight for the person using it. As a general guide follow:

- small is designed for children aged 4 to 12 years old.
- large may be more appropriate for teens & adults.

This is a guide only and you should consult your Occupational Therapist or other suitably qualified person prior to use.

Relevant Downloadable guides:

- A [guide](#) to the Safety & Usage of Weighted Blankets, Lap Pads, Shoulder Wraps & Jackets.
- Weighted Therapy [Guide](#).

Guidance on selecting the appropriate Weighted Jackets/Waistcoat & Hoodies

Weighted Jacket/ Waistcoat Sizes and Weight

It is recommended that the jacket/ waistcoat weight does not exceed 5% of the users' bodyweight unless recommended otherwise by your Occupational Therapist.

Jacket/ Waistcoat Size	Chest	Measured (inches)	Length
X Small Child (XS)	21" - 24"	30"	20"
Small Child (S)	24" - 27"	33"	21"
Medium Child (M)	27" - 30"	36"	21"
Large Child (L)	30" - 34"	40"	23"
Small Adult (XL)	34" - 38"	42"	25.5"
Medium Adult (XXL)	38" - 42"	46"	27"
Large Adult (XXXL)	42" - 46"	52"	28.5"

Weighted Jacket/Waistcoat weights

Size	Shoulder Weights	Waist Weights	Total Weight (including jacket)
Extra small Child (XS)	2 x 340g	3 x 250g	1.75kg
Small Child (S)	2 x 340g	4 x 250g	2.0kg
Medium Child (M)	2 x 340g	4 x 330g	2.3kg
Large Child (L)	2 x 340g	2 x 330g + 2 x 400g	2.5kg
Small Adult (XL)	2 x 460g	4 x 400g	3.0kg
Medium Adult (XXL)	2 x 460g	5 x 400g	3.5kg
Large Adult (XXXL)	2 x 460g	5 x 400g	3.5kg

Weighted Hoody Sizes and Weight

Weighted Hoody Sizes

Jacket Size	Chest as per Brochure (inches)	Measured (inches)	Length	Sleeve
Small/Med Child (XS)	27"	28"	18"	15.5"
Med/Large Child (S)	33"	34"	21"	17.5"
XL Child/Small Adult (M)	28"	40"	24"	19"
Med/Large Adult (L)	43"	46"	27"	20"
Large/XL Adult (XL)	48"	50"	29"	21"

Hoody Weights

Size (ref)	Shoulder Weights	Waist Weights	Head Weight	Total Weight (including jacket)
Child XS/S (1)	2 x 250g	4 x 250g	1 x 250g	2.2kg
Child M/L (2)	4 x 250g	4 x 330g	1 x 250g	2.8kg
Child XL/Adult S (3)	2 x 460g	4 x 400g	1 x 250g	3.5kg
Adult M/L (4)	2 x 460g	4 x 500g	1 x 340g	4.0kg
Adult L/XL (5)	2 x 460g	4 x 550g	1 x 340g	4.4kg

Weighted Vest Sizes

Vest Size	Chest (inches)	Age
XX Small	20 - 26"	2-4 yrs
X Small	23 - 29"	3-5 yrs
Small	26 - 33"	5-9 yrs
Medium	32 - 38"	10 +
Large	36 - 44"	S/M Adult
X Large	42 - 48"	L Adult

Hug Shirt Sizes

Hug Shirt Size	Measured flat	
	Chest	Length
XXS (age 3-5 yrs)	26cm	54cm
XS (age 5-7 yrs)	28cm	56cm
S (age 8-10 yrs)	30cm	58cm
M (age 10-12 yrs)	32cm	60cm
L (age 12-14 yrs)	34cm	62cm
XL (age 14+)	36cm	64cm