



The Cozy Calm Weighted Blanket for Therapeutic Relaxation and Sleep



## Cozy Calm Weighted Blankets

### Professionally-Made Weighted Blankets for Institutional and Home Use

They are used as a sensory modality by occupational therapists. Increasingly, they are used on behavioral health units for calming patients and helping them to sleep.

## Fluid-Proof Hospital Grade Weighted Blankets

### Highlights

- Made with fluid-proof medical grade fabric
- Filled with medical-grade plastic beads to provide the weight
- Can be wiped down with germicide
- Can be machine washed and dried
- Weight does not need to be removed

### Applications

Weighted blankets grew out of the autism community as a way of self-soothing and getting to sleep. Since then other uses are increasing, including in hospital settings on many units such as behavioral health.

### Sizes and Weight Choices

[Cozy Calm](#) weighted blanket sizes come in Lap Cozy, Child, Twin, and Double. For weights, see our weight chart, and contact us by [email](#) or call 763-533-6125 for help with the proper weights. If you have an Occupational Therapy department, they can advise also.

### Cozy Calm Customer Service

We respond to calls and return voicemail messages promptly at 763-533-6125. We are also available by [email](#) including weekends.



## Hospital Grade Weighted Blankets

Your patients can enjoy the softness and flexibility. You can appreciate that it's fluid-proof and can be wiped down with germicide.



### Testimonials from Professionals

(used with permission)

"Cozy Calm,

Thank you so much for offering a hospital grade fluid-proof fabric for the weighted blankets.

Many individuals with mental health disturbances also have a co-occurring sensory processing disorder.

A couple of years ago, we began using regular weighted blankets that we washed in between patient use. These blankets [from another supplier] are now falling apart. We love the new hospital grade fabric that can be cleaned with germicide in between patient use. These blankets will last much longer, and will be able to greatly impact more patients.

I love your quick turnaround time as well. The previous blankets I ordered took 3-6 months to arrive. Your blankets arrived within 2 weeks; I was pleasantly surprised!

I look forward to working with your business in the future!"

*Sincerely,*

*Gretchen Prohovsky OTR/L*

*BH Allied Health Manager, Regions Hospital, St. Paul, Minnesota*

"I have ordered many blankets from your company for my patients. Your company is the only company that I will endorse to my patients. I love your product and think your blankets are the absolute best!

I am a child and adolescent psychotherapist in Rock Hill, SC. I was so excited that you're accepting [medical] insurance now. Thank you for doing that."

*Monica Revels, LPC, Child & Adolescent Psychotherapist*

*Rock Hill, South Carolina*



## Cozy Calm Weighted Blankets for Home Use

While the fluid-proof weighted blankets are used at home for people with incontinence, most buy the soft home use blankets that can be machine washed and dried. For people with sensory issues, the soft fabrics are soothing.

These are professionally-made, high-quality weighted blankets designed to last.

## A Weighted Blanket May be Covered by Medical Insurance

Not every health insurance plan will cover a weighted blanket, but some do. Cozy Calm has partnered with medical supply companies in many states to make sure that claims are processed properly. There is no charge to the patient for this.

All the companies we work with accept national plans, but the regional plans need to be processed by the medical supply company in that state.

It has taken time for Cozy Calm to go through the process of applicable regulations so their weighted blankets can be sold as a medical device.

Learn more about possibly getting a patient's weighted blanket covered by insurance on our [Medical Insurance](#) page. They will need a prescription and the proper documentation to back it up. Contact one of the medical supply companies on the Cozy Calm website, and they will help you.

For questions about what weight to choose or other blanket-related questions, contact Cozy Calm at 763-533-6125 or at [AtYourService@cozycalm.com](mailto:AtYourService@cozycalm.com)



## Eileen Parker: The Woman Behind the Cozy Calm Story

Eileen Parker, the owner of Cozy Calm, has autism. Since she was diagnosed as an adult, her foray into autism therapies came later in life.

Sensory Processing Disorder is one of the disorders that is almost always co-morbid with autism and for Eileen, it is one of the major hindrances in her life.

To paraphrase Wikipedia, “For those with SPD, sensory information is registered, interpreted and processed differently by the brain. The result can be unusual ways of responding or behaving, or finding things harder to do.

Difficulties may typically present as problems with doing the activities of everyday life (self care, work and leisure activities), and for some with extreme sensitivity to sensory input, it may result in extreme avoidance of activities, agitation, distress, fear or confusion.”

Eileen says, “With SPD, my brain doesn’t process sensory information properly. For an auditory example, when you are out on a summer day, you may hear birds, cars, sound of the freeway in the distance, a lawn mower, kids squealing, people talking, and the wind.

Assuming you don’t have SPD, your brain is able to make sense of the sounds as they all come in, and your brain relegates many of these sounds to the background so you are able to focus say, on your friend’s voice.

But, I am processing all the sounds and find it difficult to carry on a conversation because all the noises are flooding in. Needless to say, I find even a leisurely art fair difficult with so many visuals, sounds, touches, temperature, and smells.”

She started Sensory Integration Therapy at an occupational therapy clinic in Maple Grove, Minnesota. All of the sensory training she received helped her.

Eileen says, “At one session, the occupational therapist put a weighted blanket on me, and I could feel my muscles slowly drooping. But, the fabric, stiffness, and bumpiness irritated me. So, I designed my own and filed for a patent.”

After seven prototypes that she sleep-tested herself, she had the perfect design to suit her sensory issues, so she founded [Cozy Calm](#). The company continues to thrive, which she attributes to the tight-knit team she works with.

The blankets are made on industrial sewing machines. The high quality fabric is sewn with industrial strength thread for a polished look and a blanket that is made to last.



## Testimonials

At our shop in Minnesota, the sewing team keeps a binder of customer comments to always know who they are sewing for and the difference their work makes. Here are a few.

The Cozy Calm is already working. It is amazing how Elizabeth settles right down to go to sleep! It is already worth its weight in gold. Thank you so much.

*~ Nancy Favor, Alexandria, Virginia*

We love our Cozy Calm blanket! We need to get more. Will save up for that. Thanks so much! "I just wanted to mention again, that my son's weighted blanket is sure a blessing!! He has autism and therefore sleeping problems as well as typical meltdowns. After having it a few months he has become as attached to it as he is his own favorite blanket. It STILL calms meltdowns, great for sensory breaks, and just falls asleep so much better than he ever has. I just have to brag on here about how wonder your product is!!! THANK YOU AGAIN!!"

"I cannot even tell you the difference your weighted blanket has made for my 3 year old Autistic son! AMAZING! He sleeps with it and it settles him down during a meltdown! I would recommend your products to anyone! I think I will get one for myself next. And the quality is unbeatable. Thanks for doing such a great job, and I will tell everyone I know how well the blanket works!"

*~ Lisa Evans Ligon, Goodlettsville, Tennessee*

Thanks so much for the wonderful weighted blanket that I ordered from your website a few weeks ago. It is just the most amazing purchase I have made in YEARS!!! It makes a world of a difference. The fabric is soft, the colors are gorgeous, and the 25 lbs are just right. I have already started recommending your website and blankets to several other people, and I do hope that you will continue to succeed with your amazing business!!

With best wishes for the future, and many thanks again,

*~ Nisha Newton in Chicago, Illinois*

I meant to send this a while ago, but thank you so much for the blanket! It has helped with my insomnia more than I ever imagined. I'm no longer tossing and turning at night, waking up countless times, or having trouble getting to sleep. Even when I only have time for a few hours or even a nap, I feel so refreshed afterwards. Now I found a new problem though-I never want to get out of bed in the morning!!

Thanks again,

*~ Shannan, Chapel Hill, North Carolina*

The blanket arrived yesterday. I love it!!! It looks great but it feels amazing. Who knew? All these years I spent piling on blankets to create weight. I had the best night's sleep ever. Definitely pass on my thanks and appreciate to sewers. It's the little things in life that makes a difference like thanks for a job well done or weighted blanket. :)

*~ Marlene Cogan, Wilmington, Delaware*

Eileen!! Joe LOVED the blanket!!

*~ Sara Winter, Toronto, Ontario*

Dear e,

I was away and received my weighted blanket today. I am thrilled with the color, the heavy weight of it, and the beautiful sewing techniques which were used to make it. It is really a luxury!! Thank you so much!!!!

*~ David, Oreland, Pennsylvania*

I don't like taking pills. One less pill, the better. I don't know if I'm going to refill my prescription for my RLS [Restless Leg Syndrome], because I put my Cozy Calm blanket on at night. Normally, I wake up from the rustling around from my legs, but I don't wake up anymore. It saves me money, and it's one less pill to take.

*~ Sandra, Nowthen, Minnesota*

Thank you so much for the weighted blanket. It's been the answer we were looking for. My son is 12 and had never slept through the night prior to getting this blanket. We ordered this blanket hoping that this might work as I noticed my son liked to sleep under heavy pillows. From the first night, my son has not had anymore sleep issues. He loves the blanket and sleeps soundly in his room. He even took the blanket with him on a sleepover to a friends house. The blanket is soft and warm, and washes easily. Thank you again, my son now sleeps through the night. I only wish I had known about the blanket sooner.

*~ Beth Kotsovolos*

"I have had difficulty sleeping for about ten years. I have usually taken a medication to sleep. I tried using a Cozy Calm weighted blanket and found that it had similar effects but without the medication. I was able to feel relaxed and drowsy, which helped me to fall asleep. I slept soundly through the night and I am no longer worried about falling asleep or having to take medication to fall asleep."

*~ Caitlin Scallon*

"We use it when my 10 year old who has Asperger's gets wound up. He does not have any ADHD or any other hyperactivity disorder but he still doesn't know how to calm himself. He has been asking me to get him a heavy blanket for a while. We used to wrap him really tight but when he got too big for that we didn't know what to do.

Your blanket is beautiful. It works perfectly and he loves it more than you know. Thank you so much. You can use my comments with my full or first name, whichever would be more helpful to you. You have made our lives better so I would love to give a little back."

*~ Melinda Shannon*

"I do notice that she is falling asleep FASTER. Which is awesome!!! It used to take 30-60 minutes for her to fall asleep now it's about 15-25."

~ *Tamara Vickery*

"Hello Eileen,

The blanket is wonderful and so well made - my son loves it! He snuggles up in the soft fleece and it helps him fall asleep so fast.

Oh, feel free to use my full name in your promotional material. I am friends with some other mothers who have children dealing with some of these issues and I sent them the link to your site - so hopefully you will get some more orders. Thanks."

~ *Kathy Barentine*

"I am impressed! ...I have read all about you and your products on the internet and they are all correct... cozycalm.com is the place to purchase your autism calming products. Thank you!"

~ *Catherine Croke Muth*

"My SLP suggested that I get a weighted blanket for the difficulties with SPD. I found your website, ordered one of yours, and I couldn't be happier! It is so soft and comfortable that I sleep better and longer with it at night. I will definitely pass the word on about your blankets! Thank you so much!"

~ *Jennie*

Cozy Calm

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