

Health Awareness

A Better Night's Sleep Might Lie In Your Blanket

(NAPSA)—Sleep is a wonderful thing, but for many people, getting that sleep can prove elusive. Tried-and-true tips include keeping a regular schedule, getting enough daily exercise and creating a relaxing bedtime routine, but a new approach to sleeping soundly suggests that the right blanket can be instrumental in getting plenty of zzzz's.

For some people, the tried-and-true tips simply don't work. That was the case for the founders of Mosaic Weighted Blankets™. Beth Peacock had interrupted sleep due to restless leg syndrome and her friend Laura LeMond had a history of sensory issues that kept her from getting enough shut-eye.

For years, LeMond stacked pillows and even books on her feet to fall asleep. That's when she realized that using weighted therapy would be a good solution for people with sleep and sensory processing disorders, autism, ADHD and anxiety.

LeMond and Peacock developed Mosaic Weighted Blankets (www.mosaicweightedblankets.com), a safe and effective line of soothing blankets, wraps and lap pads. They believe their blankets are one of the newest sleep remedies to help children, teens and adults relax, sleep soundly and focus during school and work, calming mind, body and spirit "one blanket at a time."

Mosaic Weighted Blankets also help ease symptoms and supplement treatment for cancer anxiety, menopause and many other conditions that might interfere with sleep.

The deep pressure touch stimulation or "swaddling" that happens when you cuddle up under a weighted blanket helps encourage the production of the hormone serotonin, which induces a more peaceful and happier state of mind, and melatonin, a natural hormone that helps regulate the sleep cycle. Studies show that melatonin not only helps people fall asleep, but



A weighted blanket wrapped around the body eases the mind.

also enhances the quality of sleep.

Earlier this year, The Centers for Disease Control and Prevention reported that an estimated 40 million people in the U.S. have chronic sleep disorder and 1.21 percent of the American population has ADHD. Symptoms of ADHD and treatments for ADHD can often cause insomnia.

Penny Williams, editor of her website, *A Mom's View of ADHD*, and mom of son Luke, who has sensory processing disorder, ADHD and trouble sleeping, has tried various ways to help her son feel more comfortable and settle down.

After trying a Mosaic Weighted Blanket, Williams could definitely see a calming benefit. "Luke only uses his blanket at night but will not sleep without it. He feels grounded and secure under its weight," said Williams, who reports that the blanket did lessen the number of times he woke during the night.

The handmade blankets come in various sizes and weights to fit the body and can be used at home and will add focus at work and in school. Depending on the need, they can be used to calm and relax by laying across the lap, wrapping around the shoulders, covering legs or the whole body for sleeping. Custom blankets can be ordered by the appropriate size and weight recommended by a health care professional or therapist.

For more information, call (512) 868-0207 or visit www.mosaicweightedblankets.com. *Calming mind, body and spirit.*