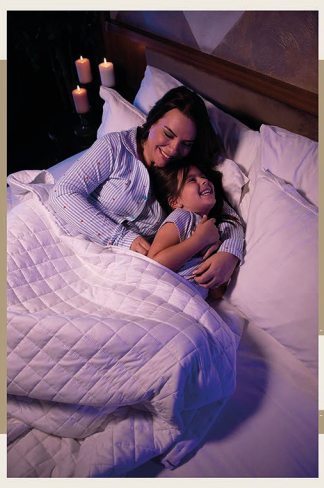
SINADA HOME

Quality Sleep Give Weight!

Discover the Weighted Blanket

1. SINADA WEIGHTED BLANKET
2. WHO CAN USE WEIGHTED BLANKET?
3- 4. SCIENTIFIC EVIDENCE | CLINICAL STUDIES
5- 6 WEIGHTED BLANKET SELECTION GUIDE
7 - 8 WEIGHTED BLANKET FOR KIDS
9 - 10 SINGLE WEIGHTED BLANKET
11 - 12 DOUBLE WEIGHTED BLANKET
13 USER COMMENTS
14 COMMUNICATION



SINADA WEIGHT BLANKET

American therapists first used weighted blankets for Sensory integration treatments in 1999 for children. This new product was, in fact, the interpretation of quilts made of completely natural materials, which have been used in our land for centuries, with new technologies. Weighted blankets create a feeling of cuddling, just like baby swaddling, which is another part of our culture; it reduced anxiety and made sleep deeper and more peaceful.

With these almost magical effects, weighted blankets soon ceased to be a product used only by children and turned into a complete frenzy. This product, which is both very familiar and very new to us, is now available in Turkey by Sinada Home.
It is produced and presented to you with all its quality.

We brought together the perspective of our grandmothers with the light of technology and produced a weighted blanket that will increase your sleep quality.

WHO CAN USE WEIGHTED BLANKETS?

Anyone who wants to experience the meeting of traditional sleep with a contemporary interpretation can use a weighted blanket. In addition, the weighted blanket is one of the world's respected fight some diseases by therapists recommended on.

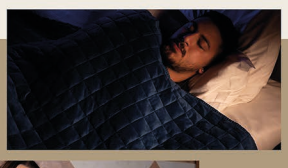
These Situations are:

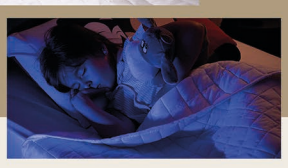
- Lack of attention,
- Hyperactivity Disorder,
- Autism,
- Anxiety,
- Insomnia,
- Alzheimer's,
- Parkinson's

ailments such as.

RECOMMENDED BY EXPERTS

Weighted blankets are not recommended for babies under 2 years old and those with sleep apnea. Apart from these, almost everyone emphasizes sleep and quality of life.
You can increase it with a blanket.





WEIGHTED BLANKET SCIENTIFIC EVIDENCE

We all know how worrying it can be to be in the dentist's chair. For this reason, especially patients undergoing dental treatment were examined in experiments conducted by scientists around the world. It was observed that as soon as the weighted blanket was laid on the patients, the calming parasympathetic activity increased significantly, thus reducing the anxiety level.

After the results became the subject of columns in respected newspapers, the weighty blanket frenzy that surrounds the whole world started today.

World Famous Sleep Health Specialist Raj Dasgupta explains:

Raj Dasgupta, spokesperson for the American Academy of Sleep Health and associate professor of clinical medicine at the University of Southern California, states that a weighted blanket can make it easier for individuals of all ages to sleep. The world-famous sleep expert describes the weighted blanket with these words:

"Like hugging your best for a long time... A good alternative to taking lifelong sedative hypnotic drugs (sleeping pills) at night it could be.".

CLINICAL STUDIES

FINDINGS OF THE UNIVERSITY OF GOTHENBURG, SWEDEN

In 2015, 33 people between the ages of 20 and 66 with chronic insomnia complaints participated in the research conducted by the University of Gothenburg, one of the universities working on the subject of weighted blankets. As a result of the research, it was determined that these people with chronic sleep problems increased their sleep quality with the use of weighted blankets. The subjects also stated that they moved less during sleep and were calm and peaceful. Some people who participated in the study stated that their anxiety decreased.

The publication of the results of the study in the Journal of Sleep Medicine & Disorders made a worldwide impact.

THERAPEUTIC EFFICACY AND SAFETY OF THE WEIGHTED BLANKET

Another study by respected scientists on weighted blankets was led by Occupational Therapy Specialist Tina Champagne, director of Cutchins Programs (founded in 1975), one of the oldest child and family therapy centers in the USA. A 2014 study found that weighted blankets were extremely safe and were able to reduce stress levels for many participants, even for 5-minute periods.

A STUDY ON CHILDREN: AUTISM

A crossover study of 67 children with autism and their families in 2014, led by British Professor Paul Gringras, yielded very interesting results. It was observed that the children participating in the experiment and their parents enjoyed using weighted blankets in their subjective evaluations, and they significantly preferred weighted blankets instead of normal blankets.

WE BROUGHT THE TRADITION TOGETHER WITH THE TECHNOLOGY; WE FOUND THE WEIGHTED BLANKET!

In our grandmothers' wool quilts, it is not possible for the person to choose the weight in accordance with their own characteristics. In addition, moisture creates odor; it is not machine washable, takes up space and is not suitable for seasonal use.

We added a technology in the light of science to our grandmothers' approach and We have produced a weighted blanket that will improve your sleep quality!

Since Sinada Weighted Blankets are produced in different weights and sizes, they allow the person to choose the one that suits them. It does not create moisture, odor and is machine washable. It is suitable for use in four seasons.

For the right choice for you, you must first decide on the size, then your body weight. You need to buy alternatives with a weight corresponding to between 10% and 15%.

In this way, you will find the most suitable blanket for you.

WEIGHTED BLANKET SELECTION GUIDE

	Blanket Weight	Blanket Size	Body Weight
CHILD	2 KG	100X135 CM	10-14 KG
	3 KG		15-25 KG
	4 KG		25-35 KG
	4 KG	104X152 CM	25-35 KG

It is designed to be 10% of the ideal body weight +1 kg.

	Blanket Weight	Blanket Size	Body Weight
DOUBLE	11 KG	200X220 CM	00-00 KG
	13 KG	210X228 CM	00-00 KG

	Blanket Weight	Blanket Size	Body Weight
FOR ONE PERSON	5 KG	122X183 CM	40-70 KG
	7 KG		60-100 KG

It is designed to be 7-12% of the ideal body weight.

SINGLE SIZE OPTIONS

	Blanket Weight	Blanket Size	Body Weight
MEDIUM SINGLE	4 KG	140X200 CM	30-60 KG
	6 KG		50-85 KG
	8 KG		65-110 KG
	10 KG		85-125 KG
LARGE SINGLE	5 KG	152X203 CM	40-70 KG
	7 KG		60-100 KG
	9 KG		75-125 KG
	11 KG		85-150 KG
XL SINGLE	4 KG	155X215 CM	30-60 KG
	6 KG		50-85 KG
	8 KG		65-110 KG
	10 KG		85-125 KG

FLANEL | COTTON SATIN | WELLSOFT | COLOUR OPTIONS

WEIGHTED BLANKET (KIDS)

Sinada weighted blanket applies a slight pressure to the body thanks to its glass globules structure and gives your child a Provides a quality sleep environment.

A child with a high sleep quality can socialize and ability to learn improves, living standards improve increases.

Machine Washable | Antibacterial | 4 Seasons Use

Including Hyperactivity and Autism For All Anxiety Problems

RECOMMENDED BY EXPERTS

SINGLE WEIGHTED BLANKET

The efficiency of an adult during the day is directly proportional to the quality of sleep. A person who starts the day with a good night's sleep are more successful in both social and business life. It has also been proven in the scientific environment.

Meet with Sinada weighted blanket to be energetic all day long; It is possible to improve both your sleep and your quality of life.

Machine Washable | Antibacterial | 4 Seasons Use

For a Good Sleep and a Vigorous Day

RECOMMENDED BY EXPERTS

DOUBLE WEIGHTED BLANKET

A good night's sleep; A good night means a happy start. Couples who meet the weighted blanket in Sinada start the day well with the perfect sleep experience; Thanks to this experience, they also find harmony and peace in their marriage together.

Machine Washable | Antibacterial | 4 Seasons Use

To Increase Deep Sleep Time and Quality of Life

RECOMMENDED BY EXPERTS

USER COMMENTS

I heard about the product for the first time in America and I am very glad that it came to Turkey. I was having trouble sleeping and this was affecting my life negatively. With the weighted blanket this problem is gone, thanks.
F.K

I used it on the first day, I think it's great for those with restless legs syndrome and pain. I got used to it right away. I got up better in the morning, it stays on you comfortably and softly, and the weight is 6 kilos good. Thank you Sinada.
Ç.E

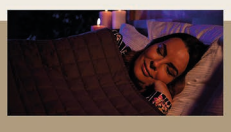
I bought a single blanket last week, I loved it. I want to hug you all the time, I think it's good for my psychology. I bought the blue one for my daughter. Thank you so much Sinada. Therapy blanket just like its name.
N.

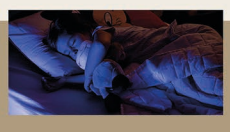
Thank you Sinada Home.

An autism friendly business and very caring a firm. To all our families with autism I recommend.
S.G

I bought the product hesitantly, but I did not even expect that it would be so effective. Before using the product, my deep sleep time is 45 minutes, but I see it as 2 hours since I started using the weighted blanket, and it positively affects my energy all day. I believe it will get better in the future.
S.D

My son was laying very messy. He was suffering from joint pain and weakness in the legs in the mornings, as he was lying on the floor with his knees folded all the time. Sleep quality was very poor. After 1 month of taking the blanket, the effects of sleeping, leg pain and restless legs syndrome are all gone. We were very satisfied. My 15-year-old daughter also says she sleeps feeling safe.
H.A





INCREASE YOUR QUALITY OF LIFE WITH THE WEIGHTED BLANKET IN THE TEST!

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SALES CHANNELS

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