



**Sensory stimulating weighted products**



# ABILIA

## About Abilia

Abilia gives people with special needs the possibility to increased independence and take control over their daily life. We believe that all people should have the same possibilities to be part of society. We are passionate about creating better conditions for all to live a more fulfilling life. Thanks to 40 years of experience combined with research and evidence we know that our aids make a difference.

Abilia contributes to a sustainable society and supports the global sustainable objectives of the UN through giving people with special needs improved general health conditions, increased participation in the labour market, better learning environments in schools and independent living at home.

Abilia is present in Sweden, Norway, United Kingdom and exports to more than 20 countries. The turnover of Abilia amounts to more than SEK 200 million. The company is owned by MedCap, a Nordic investor that focuses on established Life Science companies with significant development potential. Abilia is certified according to the international standard for medical devices companies, ISO 13485.



# Weighted blankets

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Somna Blanket is designed to relieve worry, anxiety and sleeping difficulties. The weight, pressure, and enveloping effect contribute to a calming effect and improved sleep quality.

## Function and design

Somna Chain Blanket has a 2-in-1 function; a padded side that provides an even and deep pressure, and a chain side that provides clear tactile stimulation. The side you choose to face your body is individual. The different sides have been made clear by the fact that the fabric on the chain side has a half-moon pattern.

The chains are flexible and conform to the contours of the body, which provides a close envelopment. They link together from top to toe and leave no gaps. Therefore, the pressure is even and effective, regardless of the length of the body.



The padding in our blankets is constructed with small pores and cavities that allow the blanket to breathe and effectively wick away moisture and steam. This creates a pleasant and dry sleeping environment throughout the entire sleep cycle.

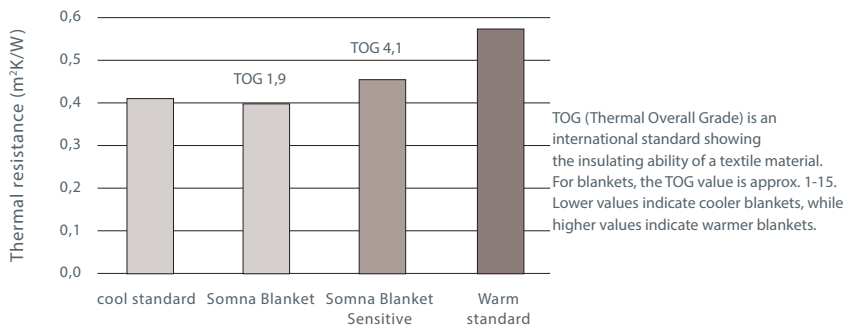
The blankets are dividable for easy handling when washing. It is divided using a lengthwise zip to avoid interruptions in the chains' pressure, and so that one part can be used as a blanket. To create a comfortable and soft experience against the neck and face, the zip is lowered, the corners are rounded, and the edges of the blanket's short sides do not have any crossing chains.



## Cool or warm

The demand for as cool a weighted blanket as possible is high in the market. Therefore, we have chosen to test the thermal and insulation capacities of our blankets, in order to guide our customers in the best possible way. The tests were conducted at the independent test institute RISE IVF in Mölndal. The results are shown in the diagram below.

In addition, we have compared the thermal and insulating capacity of our blankets with and without chains, as it has been claimed that the weighted elements in the blanket always affect the TOG value. The results of these different tests were exactly the same, which means that the chains in our blankets have no effect on either the thermal capacity or the insulation capacity.



## Models

Somna Blanket is the original/our classic, and our most popular blanket. It is designed to be as cool as possible.

Somna Blanket Sensitive has extra padding on the padded side, which means it is a warmer blanket that is soft and fluffy. It may be suitable for people who e.g. get cold often, have pain problems, and/or are sensitive to heavy pressure.

"This blanket is firm but adaptable. The weight helps you to unwind both physically and psychologically, and your internal stress decreases. The blanket provides a pleasant and relaxing feeling."

Woman, sadness and anxiety (Somna Blanket)

"A blanket that, with its weight and design, effectively envelopes the user and provides a sense of calm and security. Both the body and brain relax, and which makes it easier to fall asleep."

Man, ADHD (Somna Blanket)

# Quality

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## MDR-certified

The products are marketed as technical aids class I for people with disabilities and comply with Regulation (EU) 2017/745 - MDR.



# Weighted comforters

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Somna Comforter is a weighted blanket that fits snugly around the body's contours, and contributes to a sense of calm and security. It is common to use it when you need to gather yourself, during short breaks in the daytime to relieve worry and anxiety, as well as in the evening to wind down before bed.

Somna Comforter is available in two different designs, one is short and one is long. Both variants can be used in both a seated and horizontal position. The short blanket is particularly suitable for placing on one's lap, while the long blanket is ideal for sweeping around oneself, or when resting.

Just like Somna Blanket, the blanket has a 2-in-1 function, a padded side that provides even pressure, and a chain side that provides increased tactile stimulation. The fabric is a durable and dark grey material, for practical use without a cover.



"I like it so much, it's perfect... so now I can sit with my legs still and it's really comfortable!"  
Girl, Asperger's Syndrome, ADHD and an anxiety disorder

"I tried the Somna Blanket on the feet of a patient with neuropathy, and it worked well"  
Physiotherapist, Palliative Department.

# Weighted vests

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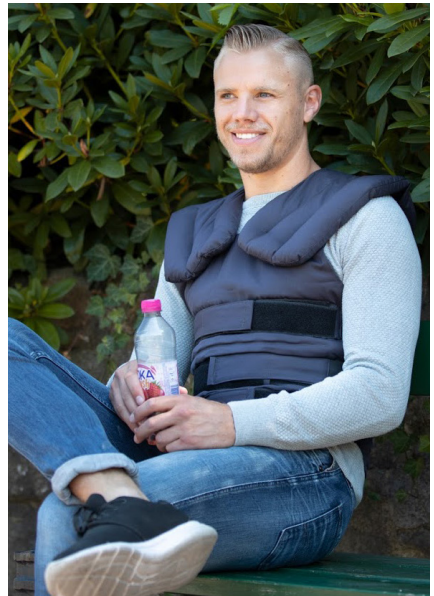
Somna Weighted Vest is a weighted vest that is used during the day. The envelopment, weight and pressure from the vest can improve the wearer's body perception, provide a sense of security, and increase concentration. The vest can be worn for a calming activity, during an activity to make it easier to perform the activity, or after an activity for recovery. Examples of activities for which the vest has shown good effect are: demanding tasks at school/at the workplace, being able to spend time among a lot of people, trips/events, and during exercise/therapy for balance and body awareness.

To achieve the best effect, the chain weighted vest should be worn tightly against the body with only a T-shirt or tank-top underneath. The chains lie horizontally in channels around the torso. No chains are placed over the chest and shoulders to avoid the risk of chafing/discomfort. Thanks to its smooth and sleek design, a sweater or jacket can be worn over the vest, without the vest being visible.

## Models

Somna Chain Weighted Vest 2.0 is adjusted using three straps that are fastened with buckles, and a thin, soft padding against the shoulders for extra comfort. The weighted collar adds weight to the shoulders, so that you feel grounded. Is attached using two push buttons.

Somna Chain Weighted Vest Balance is adjustable in range using elastic straps and velcro, and can be adjusted in length using the velcro at the shoulders. The vest's broad adaptability, as well as its cool and sleek design, has made it very popular. The associated weighted collar is ergonomically designed, and adds both weight and envelopment.



"It gave me a real hug and I felt calmer as I had anxiety at the time. I appreciated the good hug it gave me. It felt like I had been re-assembled and wasn't fragmented due to the anxiety."

Girl, Asperger's Syndrome, ADHD and an anxiety disorder



# Weighted Collars

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Somna Collar helps to reduce tension in the body and shoulders. The ergonomic design provides an enveloping effect, as it extends over the chest and down between the shoulder blades without straining the neck. It has thin padding at the shoulders for optimal comfort.

Somna Collar can be used for both sitting and during activities. During moments of stress, difficulty concentrating and recovery, the collar can help the user to feel grounded, and provide a sense of calm during e.g. static work or balance exercises.



"I usually talk and rock on the chair. This decreased when I used the neck collar. I could work better so that was positive."

Student quote from a case study in a school

"When I worked before, I often had headaches, but when I started using the neck pillow it got better"

Woman, Stress and tension headaches

# Sleeping is the easiest thing in the world. For those who can..

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There are as many reasons for difficulty sleeping as there are people. But whether it is due to stress, anxiety, or whether it is disease-related, there are few things that are so crucial for life to function as sleep.

Sleep is needed for the body and brain to rest, recover and process impressions. When you sleep well at night, you can more easily cope with stress and strain during the day. For over ten years, we have developed and manufactured weight products that help children, adults and the elderly to rest, sleep and stay calm all day.

You are warmly welcome to contact one of our knowledgeable product advisors for more information, demonstration and testing. We also have a webinar on our website where you can find out more about the weight product range.



Somna Comforter



Somna Weighted Vest



Somna Blanket



Somna Collar

**Access to the right assistive tool at the  
right time can make all the difference**

