

Weighted blankets

[Weighted Blankets](#) have become a popular choice among people in UK for improving their sleep and reducing stress and anxiety. They are designed to provide gentle deep pressure stimulation. Weighted blankets increase serotonin level that help promote relaxation. In the chilly weather of UK, you can use different weights, sizes and materials according to your preferences. These blankets are great for reducing stress as well as promoting a good night's sleep.