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› yescool Weighted Blanket User Manual (Model ZLT-60x80-20lbs-Grey1)

yescool ZLT-60x80-20lbs-Grey1

yescool Weighted Blanket User Manual

Model: ZLT-60x80-20lbs-Grey1 | Brand: yescool

1. INTRODUCTION

Thank you for choosing the yescool Weighted Blanket. This manual provides essential information for the proper use, care, and maintenance of your new weighted blanket. Please read these instructions carefully before first use and retain them for future reference.



Figure 1: The yescool Weighted Blanket, neatly folded.

2. CHOOSING THE RIGHT WEIGHT

For optimal comfort and effectiveness, it is recommended to select a weighted blanket that is approximately 7% to 10% of your body weight. If you are new to weighted blankets, starting with a lighter option within this range is advisable to allow for adjustment.

For example, an individual weighing 190-210 lbs would typically find a 20 lb weighted blanket suitable. Refer to the guide below for further assistance.

WEIGHTED BLANKET

Blanket Guide: please choose the blanket weightes 7%–10% of your body weight.

48X72	10 LBS	SUITABLE FOR 90–110 LBS
48X72	15 LBS	SUITABLE FOR 140–160 LBS
48X72	20 LBS	SUITABLE FOR 190–210 LBS
60X80	15 LBS	SUITABLE FOR 140–160 LBS
60X80	17 LBS	SUITABLE FOR 160–180 LBS
60X80	20 LBS	SUITABLE FOR 190–210 LBS
60X80	25 LBS	SUITABLE FOR 240–260 LBS
COUPLE 80X87	20 LBS	SUITABLE FOR 190–210 LBS
COUPLE 80X87	25 LBS	SUITABLE FOR 240–260 LBS
COUPLE 88X104	20 LBS	SUITABLE FOR 190–210 LBS
COUPLE 88X104	25 LBS	SUITABLE FOR 240–260 LBS

Figure 2: Weighted Blanket Weight Guide.

3. PRODUCT DESIGN AND MATERIALS

The yescool Weighted Blanket is crafted from 100% polyester fabric, designed for durability and comfort. It features premium glass beads as fill material, providing even weight distribution.

3.1 Even Weight Distribution

The blanket is constructed with small 5"x5" compartments, each filled with glass beads. These compartments are secured with high-density stitching (15,000 stitches), ensuring the beads remain evenly distributed and preventing leakage or shifting during use.

EVEN WEIGHT DISTRIBUTION

Small Enough Compartments Ensures Glass Beads Fixed, Making Weight Evenly



Figure 3: Illustration of even weight distribution within the blanket's compartments.

3.2 Breathability and Cooling

Despite its weight, the blanket is designed to be breathable, promoting airflow to help regulate body temperature and prevent overheating during sleep.



Figure 4: Airflow design for enhanced breathability.

3.3 Stitching Quality

The blanket features finest stitching (2.5-3mm per stitch) and includes 8 loops for securing a duvet cover, if desired. These details contribute to the blanket's durability and prevent weight shifting.

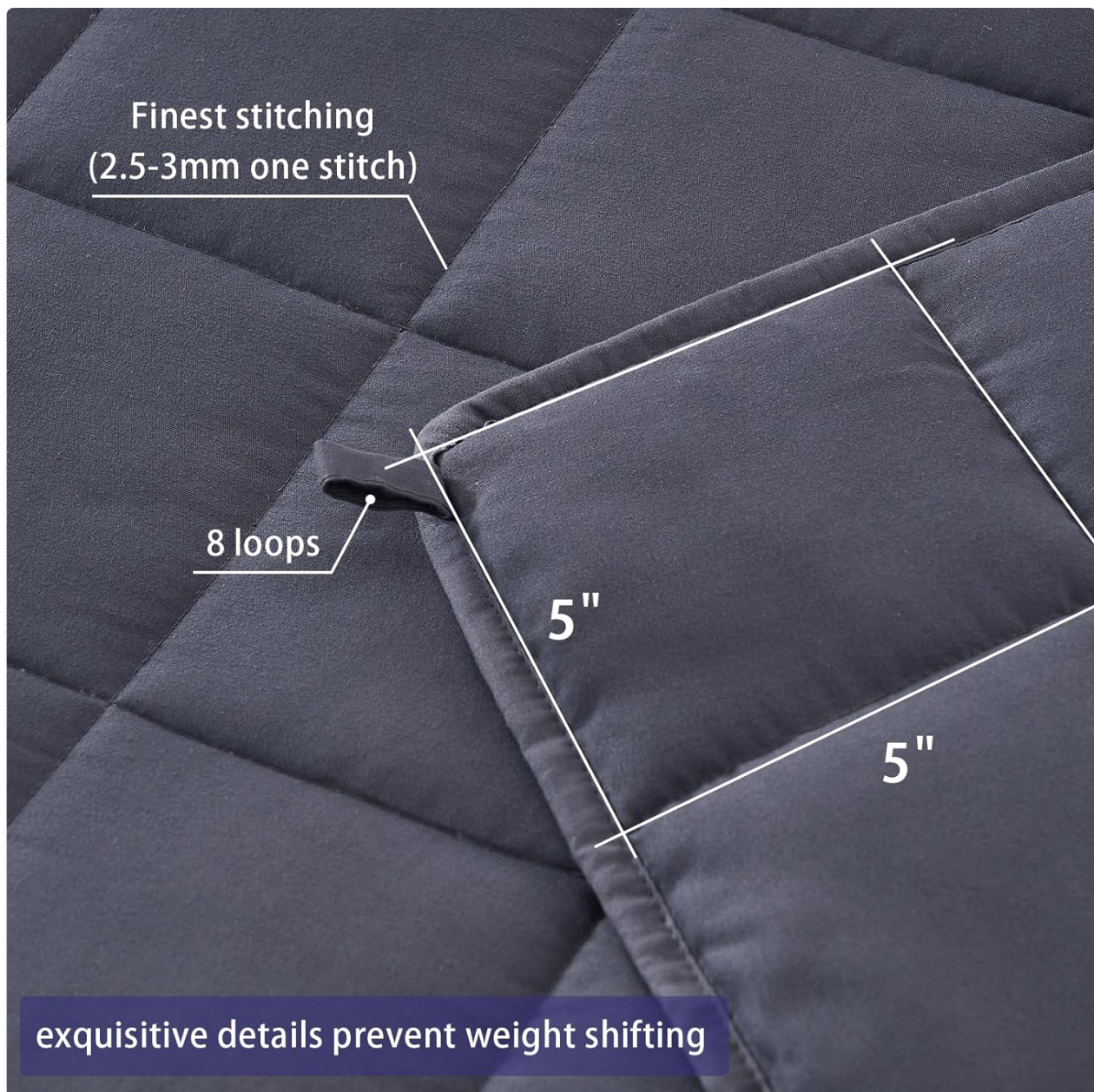


Figure 5: Detailed view of the blanket's stitching and loops.

4. SETUP AND PLACEMENT

The yescool Weighted Blanket is designed to fit on top of your mattress without overhanging. For a Queen size bed (60" x 80"), the 60"x80" blanket is recommended for single use, providing full body coverage without excess material draping over the sides.



Figure 6: Proper placement of the weighted blanket on a Queen size bed.

5. CARE AND MAINTENANCE

The yescool Weighted Blanket is machine washable for your convenience. Follow these instructions to ensure its longevity:

- Wash in cold water on a gentle cycle.
- Air dry the blanket. Avoid high heat drying, which may damage the internal glass beads or fabric.
- Ensure the blanket is completely dry before storage or reuse.

6. BENEFITS OF A WEIGHTED BLANKET

Weighted blankets are designed to provide deep pressure stimulation, which can offer several benefits:

- **Improved Sleep Quality:** The gentle, even pressure can promote a sense of calm, helping users fall asleep faster and experience a more restful night.
- **Stress and Anxiety Reduction:** The feeling of being hugged or swaddled can help alleviate feelings of

stress and anxiety.

- **Enhanced Relaxation:** Provides a comforting sensation that encourages relaxation and tranquility.

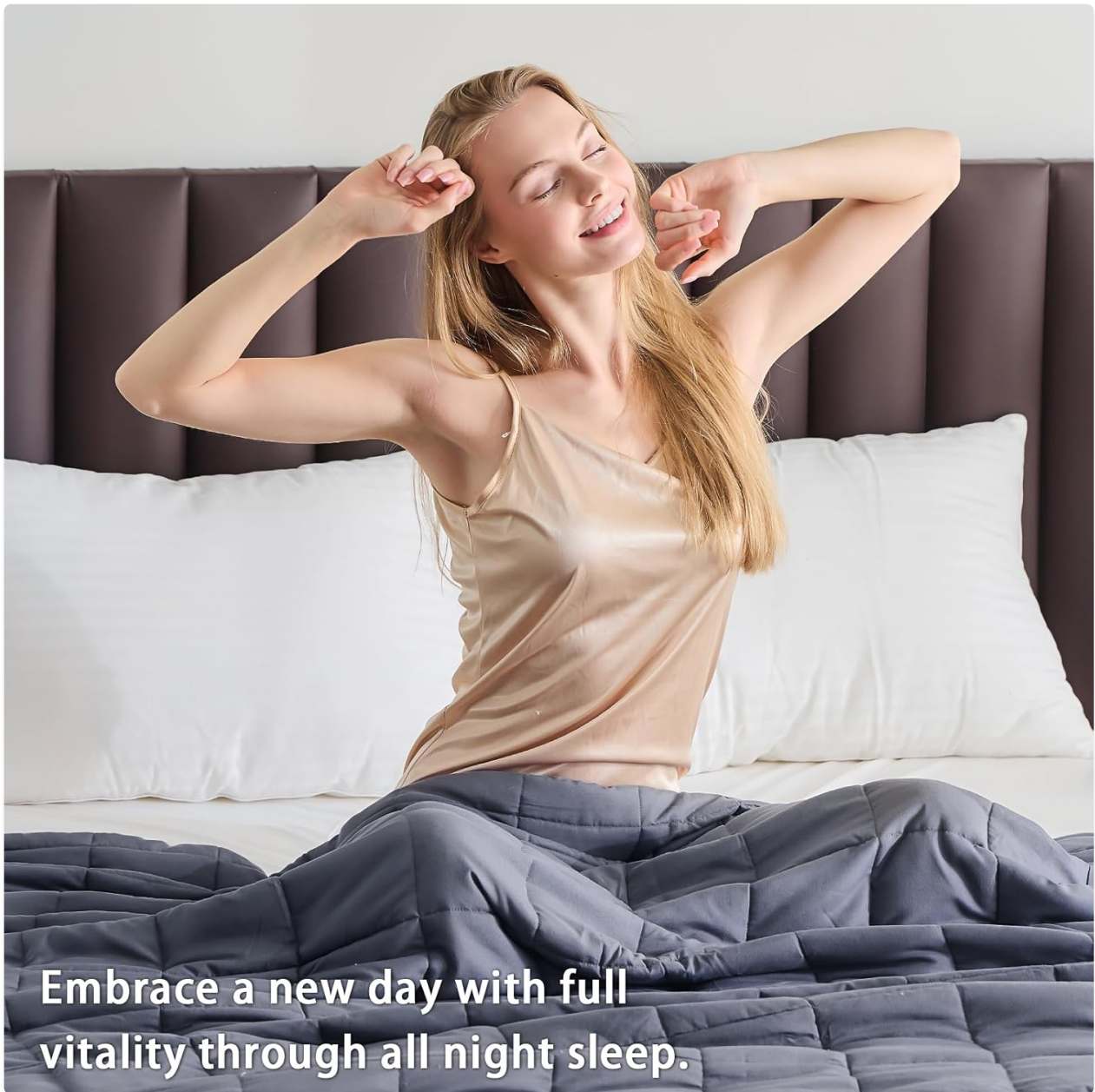


Figure 7: Waking up refreshed.

DIVE INTO TRANQUILITY, EMBRACE COMFORT

perfect companion for every night



Figure 8: Peaceful sleep with the weighted blanket.

7. OFFICIAL PRODUCT VIDEOS

7.1 Weighted Blanket 20 lbs Cooling Heavy Blanket for Adults

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Video 1: A seller's overview of the 20 lb cooling weighted blanket, highlighting its features and benefits for adults.

7.2 For those that sleep hot, Finally a COOLING Weighted Blanket

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Video 2: A seller's demonstration focusing on the cooling properties of the weighted blanket, ideal for individuals who tend to sleep warm.

8. SPECIFICATIONS

Feature	Detail
Brand	yescool
Model Number	ZLT-60x80-20lbs-Grey1
Material	100% Polyester
Fill Material	Glass Beads
Color	Grey
Product Dimensions	60"L x 80"W
Item Weight	20 Pounds
Age Range	Adult
Product Care Instructions	Machine Wash (Cold water, gentle program, air dry)
Special Feature	Lined, Even Weight Distribution

9. TROUBLESHOOTING

No specific troubleshooting steps are provided for this product. If you encounter any issues, please refer to the care instructions or contact customer support.

10. WARRANTY AND SUPPORT

Specific warranty details are not provided in the product information. For warranty claims or customer support, please refer to the contact information provided at the point of purchase or on the official yescool website.