

# ADULT SIZE WEIGHTED BLANKET

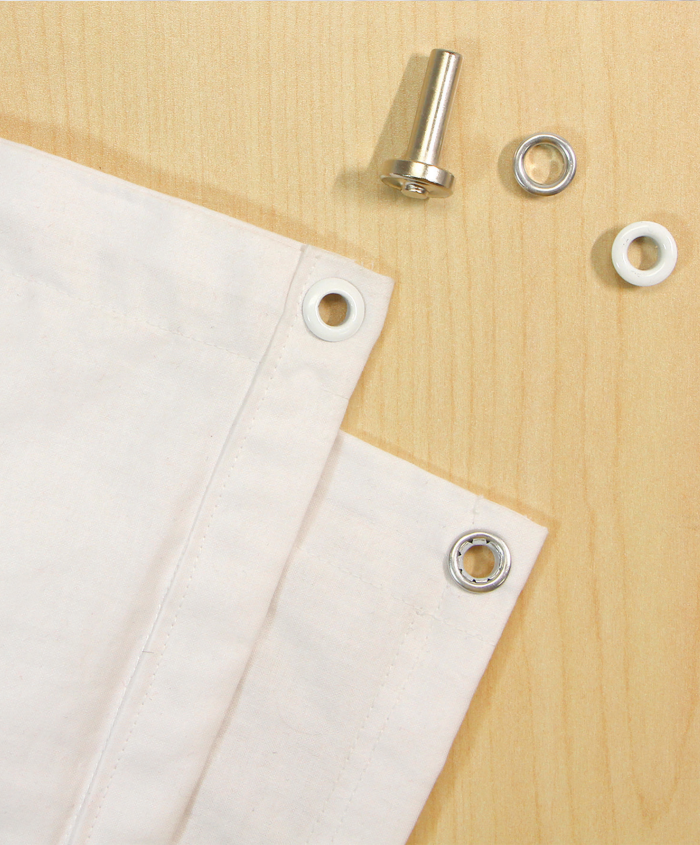
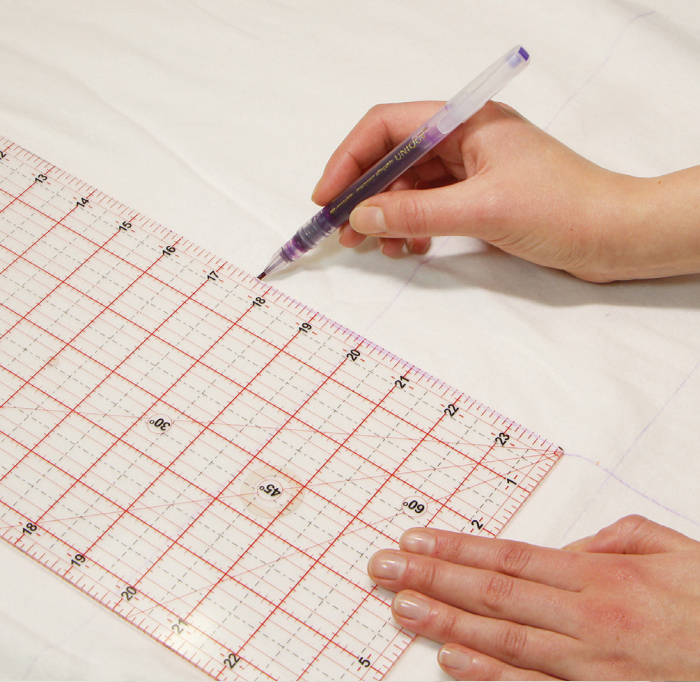
Why a weighted blanket?  
A weighted blanket can  
promote better sleep &  
reduce stress & anxiety.



## SUPPLIES:

- Fairfield™ Poly Pellets:  
*How many packages of pellets do I need?*  
The weight of the blanket should be 10% of the users' body weight.  
 $\text{Weight} \div 10 = \text{Total Weight of Pellets}$   
 $\text{TWP} \div 2 = \text{Number of 2lb bags needed}$
- Fabric for cover:  
1.5m Plaid Brushed Cotton,  
1.5m Red Minky Fabric
- Fabric for weighted blanket:  
3m Cotton Muslin (115 cm width)
- SoftKut Tailor Scissors
- Komfort Kut Rotary Cutter
- 6" x 12" Quilting Ruler
- Hobby Mat 23" x 35" (58 x 89cm)
- Unique Sewing Air Erasable Fabric Marker
- Klasse' Quilting Flathead Pins
- Schmetz Microtex Needle
- Unique Creativ Hi-Tak Glue
- Costumakers Invisible Zipper 55cm – Hot Red
- Unique Sewing Grommets with Tool – White
- Gütermann Sew All Thread
- Kitchen scale





## WEIGHTED BLANKET INSTRUCTIONS:

**Tip! Pre-wash all fabrics so that there are no surprises when finished blanket is washed.**

**Step 1:** Trim the Muslin to 43" (109 cm) wide, keeping length. Set aside selvedge scraps.

**Step 2:** Fold Muslin in half widthwise. Stitch each long side at  $\frac{1}{2}$ " (1.3 cm) and turn inside out. Press, pin, and stitch 1" (2.5 cm) border along each side, leaving large center pocket measuring 40" (101.6 cm). Before stitching channel, fuse 1" (2.5 cm) square of interfacing in bottom corners.

**Step 3:** Mark 12 rows from bottom. Fold using quilting ruler and air erasable marking pen, 5" (12.7 cm) apart. Next, mark 8 columns, 5" (12.7 cm).

**Step 4:** Divide total pellets by number of pockets: 96 pockets.

**Step 5:** Sew all columns on markings.

**Tip! Watch your markings! If they begin to fade while you are sewing, simply refresh them.**

**Step 6:** Complete first row by pouring portion of pellets determined in Step 4 in each of the eight columns.

**Step 7:** Stitch first row, enclosing pellets in 8 pockets.

**Tip! To make sewing easier and prevent shifting of pellets, nudge them to the bottom of the pockets by pinning across the center of the pockets.**

**Step 8:** Repeat steps 6 and 7 until you have sewn each row, for a total of 12 rows.

**Step 9:** Straighten using a  $\frac{1}{2}$ " (1.3 cm) hem. Hem the top of blanket.

**Step 10:** Insert the grommets into four corners.

**Tip! Because the top corner of the blanket will have six layers of fabric (including the top hem), interfacing is optional for the top corners.**





## BLANKET COVER INSTRUCTIONS:

**Step 1:** Create eight ties from selvage scraps set aside measuring approximately ½" x 13" (1.3 cm x 33 cm).

**Tip! Start with strips measuring approximately 1 ½" (3.8 cm) and fold edges toward inside with selvedge (non-fraying) edge on top and topstitch to secure down the center. To secure ends, use a dab of Unique Creativ Hi-Tak Glue.**

**Step 2:** Cut front and back to 45" x 63" (114.3 cm x 160 cm).

**Step 3:** Sew with wrong sides together along one short side at 3/8" (1 cm), then turn right side out and stitch again at 5/8" (1.6 cm) to create French seam.

**Step 4:** Use the same technique to stitch side seams. Before stitching second (5/8" or 1.6 cm) seams, insert two ties into each corner.

**Step 5:** For top of blanket cover, hem the opening. Stitch together from each side using matching thread, leaving a 28" (71 cm) opening.

**Step 6:** Stitch invisible zipper in opening either as an invisible zipper or a decorative zipper. (It is a better choice than a conventional zipper as it will be much lighter on the blanket and not add any additional weight)

**Tip! Inserting a decorative invisible zipper:** Fold back the seam allowance, press. Place the invisible zipper right side up on the right side of the fabric. Hold in place with basting tape. Stitch along the tape using the regular sewing foot and a decorative stitch.

**Step 7:** Open the zipper, turn cover wrong side out, stitch remaining opening closed. Turn right-side-out.

**Step 8:** Lay the Cover on a flat surface and tie the weighted blanket into the Cover.

**Tip! Start with two corners, then hold the blanket by these corners and shake the blanket into place before tying remaining two corners – just like your duvet!**



# ENJOY YOUR BLANKET!



## WEIGHTED BLANKET DIMENSIONS -

This finished blanket measures approximately 1m x 1.5 m. Unlike a regular blanket, a weighted blanket need only cover your body from your chin to your ankles or feet. You might choose to make a longer blanket for a taller person, or a smaller blanket that covers only from chin to knees or chest to feet. The benefit of making the blanket yourself is the ability to customize the perfect blanket based on your needs.

## LAUNDERING INSTRUCTIONS:

For regular laundering, remove the weighted blanket from the blanket cover. Wash and dry only the cover.

Because of the cover, the weighted blanket insert will only need to be washed occasionally. To wash, remove cover and wash separately in cool water with a gentle detergent without bleach. Do not use fabric softener. Hang to dry or tumble dry.

**Tip! If your blanket weighs 20 lbs. or more, you may want to take it to a commercial laundromat.**



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