

# A guide to the Protac Ball Blanket®

The Protac Ball Blanket® is a helping aid to alleviate sensory and sleeping disturbances for all age groups. It has been developed from the principles of sensory integration and occupational therapy and the calming effect has been scientifically documented.

The specially designed balls are essential for the calming effect of the blankets. The balls in the different blankets have different sizes, weight, and individual ways of stimulating the senses of the user. When the user moves under the blanket, the pressure from the balls varies and gives a new sensory input to the brain. This strengthens the body perception of the user and has a calming effect on body and mind.

Choosing the right model of the Protac Ball Blanket® depends on the individual needs and sensory system of the user. The decision is not related to age or body weight. Mental and physical well-being and good sleep is very personal and the best way to find the right blanket is through individual counselling and testing of blankets.

Several research projects prove that sleeping with the Protac Ball Blanket® can both reduce the sleep onset latency, reduce nightly awakenings, and give a deep and undisturbed sleep. A good night's sleep improves the daily level of functioning and the quality of life.

Protac Ball Blanket® has a CE-registration as a Medical Device, Class I in Europe.



Ball size 50 mm

## Protac Ball Blanket® Flexible

The Protac-balls are divided into compartments where the balls can move and provide a dynamic sensory stimulation. This model is suitable for sensory seeking persons who need varying sensory input to sense themselves and find peace of mind.



Ball size 38 mm

## Protac Ball Blanket® Calm

The Protac-balls are placed in channels. This provides a predictable, calming and uniform sensory stimulation, and the blanket closes itself nicely around the user. This model is especially suitable for people who need deep touch pressure but are also sensitive or stressed by light touching.



Ball size 50 mm

## Protac Ball Blanket® Combi

This blanket contains both balls and polypropylene granulate – also divided into compartments to give an even stimulation over the body. This blanket is suitable for people who need varying sensory input and extra softness and comfort from the thermal lining.



Ball size 15 mm

## Protac Ball Blanket® Granulate

The filling in Protac Ball Blanket® Granulate is divided into compartments, allowing it to be equally distributed in the whole blanket. In this way, the filling closely surrounds the body and has an enveloping effect. This blanket is suitable for people who need a mild and caring sensory stimulation.

**Research:**  
Protac Ball Blanket®  
normalizes sleeping  
patterns for children  
with ADHD

**Research:**  
Protac Ball Blanket®  
significantly  
improves sleep for  
patients suffering  
from depression

