

Mayo Clinic Minute

How weighted blankets may lift anxiety

Video	Audio
Vivien Williams	Do weighted blankets really reduce anxiety?
Adam Perlman, M.D. General Internal Medicine Mayo Clinic	"Do they work, and if they work, how do they work?"
Vivien Williams	Dr. Adam Perlman says small clinical trials ...
Adam Perlman, M.D.	"... have shown that people who use weighted blankets do report better sleep. They report less stress and anxiety, and there's even one small study where they reported less pain."
Vivien Williams	Weighted blankets may cause the same responses in your body that happen when you get a hug. You get a surge of feel-good hormones, such as oxytocin.
Adam Perlman, M.D.	"A decrease of cortisol, which is sort of our stress hormone, and an increase of serotonin and dopamine — two neurotransmitters that really affect our mood."
Vivien Williams	The blankets help you feel grounded and relaxed, which may help you sleep better.
Adam Perlman, M.D.	"What is it about the blankets that give this, perhaps, simulation of a hug? Again, that comes likely through the physiologic response in the body."
	For the Mayo Clinic News Network, I'm Vivien Williams.