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## Gravity blanket cooling cover

Weighted blankets are known to relieve anxiety and improve sleep quality, but for anyone who drives hot at night (or anticipates a steamy summer indoors), lying below 10% of your body weight may sound more suffocating than soothing. That's what makes cooling weighted blankets, which claim to reduce stress and body temperature, so appealing. For most blankets in this rapidly growing category, the cooling factor comes from the outer cover material, like bamboo, but some rely on innovations such as hydro-powered technology. There are also weighted blankets that are comparatively cool, like those made of cotton or cotton-bamboo blends, which are not actively cooling. In the end, a weighted blanket isn't necessarily cooling just because it's marketed as such, warns Sarah Riccio, senior author and bedding expert at Sleepopolis. Ask yourself, "What part of this blanket's construction is the cooling part?" If there are no special textiles or cooling fabrics to find, chances are, it's just a regular, temperature-neutral weighted blanket. Ben Trapskin, founder of Sleep Sherpa, agrees: I think it's important to have realistic expectations, he says. There is only so much cold that fabric can provide. As weak as the claims can be, a good cooling weighted blanket can really make a difference in your sleep quality. While more extensive research is needed before we can pinpoint the effectiveness of weighted or cooling blankets, said Dr. Sanam Hafeez, a neuropsychologist in New York City and faculty member at Columbia University, anecdotal evidence shows those who buy either or a combination feel very satisfied with their effect on their sleep. Along with testing a lot of the options myself, I consulted a handful of sleep experts and health specialists to find the best cooling weighted blankets (and some simply cool ones, if that's what you're after). Riccio raves about bearaby tree napper, an ultrathick knit design that gets its heft from jumbo-sized yarn of organic Tencel Lyocell fiber. It's a uniquely cooling weighted blanket in that it's made entirely of Tencel, a cool and moisture-wicking fabric that feels soothing to the skin and can help ward off night sweats, Riccio says. She likes that the open loop weave design promotes lots of breathability, and it also distributes weight evenly across the body, something most duvet-covered folded blankets (cooling or not) don't. This one is also sustainably made and biodegradable, as opposed to the synthetic cover materials and plastic pellet or pearl fillings that many weighted quilts are made of. Like Riccio, I've also personally been impressed with Tree Napper. Its fabric feels wonderfully chilly to the touch and stays that way for a while, and the hefty weave's airflow is noticeable. I've also found that the wide holes between yarn strands are soothing and anxiety-quelling to poke and curl your fingers through while dozing. Trapskin, however, notes a to his heft. You can wash the entire Bearaby blanket, he says, which is unlike most weighted duvets, which have a blanket you have to remove and wash separately. But since it is quite heavy, it takes a long time to dry, so I would recommend line drying if possible. Gravity Cooling Blanket Gravity is the weighted blanket that started a worldwide craze, so it's no surprise that their cooling weighted blanket is a fan favorite as well. They decided to create a cooling version in 2018 based on customer feedback that the original weighted blanket was too hot; Mark Wynohradnyk, Gravity's brand director, says their cooling variety now outsells the original from April to September. The inner layer is the same as the brand's usual weighted blanket, filled with special glass beads that Gravity says are more breathable than plastic poly pellets. What distinguishes this one is the technical polyester that transports moisture away from the skin. It's covered in the brand's own fabric that's designed to actually cool your body down and relax you at the same time, Riccio says. I've personally found that Gravity's cool weighted blanket at first feels a bit like sliding under a nice quality sheet that has been stored in a freezer, even if the chilliness is subtler after an hour or so. ChiliBlanket + ChiliPad Control Unit Trapskin calls this a one a completely different take on weighted duvets. He notes that it's quite expensive, with prices starting at \$499, but it might be worth it for those who live in a very hot climate and don't want to run AC all day. The fuzzy fleece cover and heftiness are similar to most weighted blankets, but that's where the similarities are. The inside layer of this blanket is laced with rubber hoses filled with temperature-regulated water. When the water chamber of the control unit is filled, plug it in, turn it on, and set it to an exact temperature of your choice (which you can do on the buttons on the device itself or from the supplied remote control). Riccio praises her hydro-powered technology as super-innovative, but she says it requires much more maintenance than other weighted duvets on the market, such as cleaning and filling the water chamber. The fans say it's worth it, though. Juliet Starrett, co-founder of online fitness platform The Ready State, has been using this blanket for six months and says her sleep quality is immediately improving. She has tried to weigh blankets in the past, but even as a colder sleeper, it would feel like 1000 degrees. I would sweat and would have to take it off immediately. With this one, I don't necessarily feel like it's cooling me, but it doesn't make me warm. The controller's gentle swirling took her few days to acclimatize to, but in the end, the white noise effect became an added bonus I didn't really anticipate. In my own experience, I also found that the ongoing water flow inside the blanket creates a hypnotic, slightly tingly feeling that takes a little getting used to but is very calming. Trapskin's top pick is this two-sided option from Helix (which makes one of Strategen's favorite mattresses, as well as gift-worthy weighted blankets). It keeps you as cool as the other weighted duvets on the market but still feels super-cozy, Trapskin says. It's also a touch cheaper than the Brooklyn Bedding version. The shear microfiber gives an extra soft, plush feel, and if you want a smoother feel, just use the other side, he says. He also likes glass-bead filling, which doesn't trap heat (although it makes for a particularly heavy blanket, he adds), and says the removable, washable lid is convenient to clean. Overall, it's quality design with a great feel at a really good price, says Trapskin. Hush Iced Cooling Weighted Blanket This Kickstarter-fueled blanket features a bamboo-cotton blend cover that feels like a really soft set of T-shirt sheets and promises to be the coldest fabric in your house. Riccio tried Hush Iced at a friend's house and was impressed by the soft and breathability feel. The bamboo-cotton mixture is moisture-wicking and airy, but she notes that it doesn't actually feel cold to the touch, unlike some other cold blankets. Susan Murphy, a digital-marketing entrepreneur and weighted cover enthusiast, loves this Hush version so much, she raved about it on Twitter. In just one week, Murphy says Iced had already made a huge difference to her sleep quality. I suffer from anxiety, and this blanket really helps me to sleep quickly and sleep. She told me, adding that it's remarkable how temperature-regulating it is. YnM Bamboo Weighted Blanket Dani Donovan, creator of ADHDDD, a community platform for adults with ADHD, says this strategist-approved YnM bamboo-covered option is one of the best purchases I've made in a long time. She ordered YnM after first trying the classic Gravity Blanket, which she liked but ultimately found too hot. I couldn't use it when I was sleeping without getting sweaty, she says. In her search for a cooling version, Donovan joined YnM because of its more affordable price point, and she calls it a game changer. She says the blanket gently cools me without being too cold, and she likes that she can control the amount of cooling by putting it above or below my sheet. She also sleeps better: My husband said he's noticed I don't move in my sleep anymore, says Donovan. All in all, it exceeded my expectations and has significantly improved the quality of my sleep. Casper Weighted Blanket This is the weighted blanket of choice for Dr. Frank Lipman, chief medical officer at The Well, and although it's not technically cooling, 100% cotton protection makes it more breathable than many other weighted blankets on the market. I have it myself and have a number of patients with good results who have tried it, Lipman says. The blanket design has cool padded channels rather than gridded quilting most pearl stuffed which results in better airflow. Hammacher Schlemmer Temperature Regulating Quilt If you already own a weighted blanket or are more interested in coolness vs. weight, consider a bed supplement made from Outlast's innovative fabric, which was originally designed for NASA. It is the most impressive refrigerator Lara Smith, founder of moisture-wicking sleepwear brand Lusomé, has encountered in her extensive R&D in temperature regulating sleep space. There are (not yet) any brands that make weighted blankets from Outlast's material, but Hammacher Schlemmer makes a pretty nice unweighted option that includes millions of invisible microcapsules, which absorb heat when you're hot (and release heat when you're cold). [Outlast's] technology has been shown to absorb and pull off body heat, store it and release it back to the body as needed, so it offers true thermal regulation, Smith says. From \$110 at Hammacher Schlemmer

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