

**Supplementary 1.** Articles reviewed and included in the scoping review of weighted blankets.

Authors	Year	Titel	Journal
Mullen et al.	2008	Exploring the Safety and Therapeutic Effects of Deep Pressure Stimulation Using a Weighted Blanket	<i>Occupational Therapy in Mental Health</i>
Hvolby & Bilenberg	2011	Use of Ball Blanket in attention-deficit/hyperactivity disorder sleeping problems	<i>Nord J Psychiatry</i>
Novak et al.	2012	Pilot study of a sensory room in an acute inpatient psychiatric unit	<i>Australas Psychiatry</i>
Chen et al.	2013	Physiological Effects of Deep Touch Pressure on Anxiety Alleviation: The Weighted Blanket Approach	<i>Journal of Medical and Biological Engineering</i>
Gringras et al.	2014	Weighted blankets and sleep in autistic children--a randomized controlled trial.	<i>Pediatrics</i>
Ackerley et al	2015	Positive Effects of a Weighted Blanket on Insomnia	<i>Journal of Sleep Medicine &amp; Disorders</i> <sup>†</sup>
Champagne et al.	2015	Evaluating the Safety and Effectiveness of the Weighted Blanket With Adults During an Inpatient Mental Health Hospitalization	<i>Occupational Therapy in Mental Health</i>
Chen et al.	2016	Effect of deep pressure input on parasympathetic system in patients with wisdom tooth surgery	<i>Journal of the Formosan Medical Association</i>
Gee et al.	2016	Improving sleep quality using weighted blankets among young children with an autism spectrum disorder	<i>International Journal of Therapy and Rehabilitation</i>
Losinski et al.	2017	The Effects of Deep Pressure Therapies and Antecedent Exercise on Stereotypical Behaviors of Students With Autism Spectrum Disorders	<i>Behavioral Disorders</i>
Chen et al.	2019	Parasympathetic effect of deep pressure input on third molar extraction in adolescents.	<i>J Formos Med Assoc</i>
Ekholm et al	2020	A randomized controlled study of weighted chain blankets for insomnia in psychiatric disorders	<i>J Clin Sleep Med</i>
Hvolby, A.	2020	The Application of Ball Blankets in the Treatment of Sleeping Difficulties in Children with Attention Deficit/Hyperactivity Disorder. Effect on Quality of Life and Daily Functioning.	<i>J Sleep Med Disord</i> <sup>‡</sup>
Vinson et al.	2020	Weighted Blankets: Anxiety Reduction in Adult Patients Receiving Chemotherapy.	<i>Clin J Oncol Nurs</i>
Becklund et al.	2021	Using weighted blankets in an inpatient mental health hospital to decrease anxiety	<i>Journal of Integrative Medicine</i>
Bolic Baric et al.	2021	The effectiveness of weighted blankets on sleep and everyday activities - A retrospective follow-up study of children and adults with attention deficit hyperactivity disorder and/or autism spectrum disorder	<i>Scand J Occup Therapy</i>
Dickson et al.	2021	Effectiveness of the Weighted Blanket With Psychiatric Patients in the Emergency Department: A Pilot Study.	<i>J Am Psychiatr Nurses Assoc</i>
Gee et al.	2021	Weighted Blankets and Sleep Quality in Children with Autism Spectrum Disorders: A Single-Subject Design	<i>Children (Basel)</i>
Gimeno-Ruiz et al.	2021	Effects of Deep Proprioceptive Stimulation on the Efficiency of Sleep in People with Intellectual Disability and the Necessity of Extensive-Generalized Support	<i>Journal of Sleep Medicine &amp; Disorders</i> <sup>†</sup>
Nakamura et al.	2021	A case of effective usage of a weighted blanket for a person with severe dementia	<i>Psychogeriatrics</i>
Baumgartner et al.	2022	Widespread Pressure Delivered by a Weighted Blanket Reduces Chronic Pain: A Randomized Controlled Trial	<i>J Pain</i>
Bcbeain et al.	2022	Weighted Blanket Use as an Alternative to Protective Stabilization During Moderate Sedation	<i>PEDIATRIC DENTISTRY</i> <sup>‡</sup>
Eull et al.	2022	Feasibility trial of weighted blankets as an intervention for emergence delirium in postoperative pediatric patients	<i>J Pediatr Nurs</i>
Harris & Titler	2022	Feasibility and Acceptability of a Remotely Delivered Weighted Blanket Intervention for People Living With Dementia and Their Family Caregivers	<i>J Appl Geront</i>
Meth et al.	2022	A weighted blanket increases pre-sleep salivary concentrations of melatonin in young, healthy adults	<i>J Sleep research</i>
Ohene et al.	2022	Assessing the Impact of Weighted Blankets on Anxiety for Patients With Eating Disorders in an Inpatient Setting: A Randomized Control Trial Pilot	<i>The American Journal of Occupational Therapy</i>
Baumgartner et al.	2023	Chronic pain patients low in social connectedness report higher pain and need deeper pressure for pain relief	<i>Emotion</i>
Davis-Chesire et al.	2023	The impact of WB use on adults with sensory sensitivity and insomnia	<i>Occupational Therapy International</i>

Lönn et al.	2023a	The efficacy of weighted blankets for sleep in children with attention-deficit/hyperactivity disorder-A randomized controlled crossover trial	<i>J Sleep research</i>
Lönn et al.	2023b	Experiences of Using Weighted Blankets among Children with ADHD and Sleeping Difficulties	<i>Occupational Therapy International</i>
Nouman et al.	2023	Weighted Blanket Therapy for Periodic Limb Movement Disorder: A Case Report Highlighting Improved Sleep Quality and Reduced Symptoms	<i>Cureus</i>
Warner et al.	2023	Weighted Blankets for Pain and Anxiety Relief in Acutely Injured Trauma Patients	<i>J pain palliat care pharmacotherapy</i>
Hjort Telhede et al.	2022a	Nursing staff's experiences of how weighted blankets influence resident's in nursing homes expressions of health	<i>Int J Qual Stud Health Well-being</i>
Hjort Telhede et al.	2022b	Weighted Blankets' Effect on the Health of Older People Living in Nursing Homes	<i>Geriatrics (Basel)</i>
Cederlund et al.	2023	The introduction of a weighted blanket was not associated with a reduced collection of pharmaceuticals prescribed for sleep disturbances in children: A register-based study	<i>Sleep Med</i>
Odéus et al.	2022	Weighted blankets for sleep problems - prescription, use and cost analysis	<i>Scand J Occup Therapy</i>
Steingrímsson et al.	2021	Weighted blanket and sleep medication use among adults with psychiatric diagnosis - a population-based register study	<i>Nord J Psychiatry</i>
Larsson et al.	2023	Parents' Experiences of Weighted Blankets' Impact on Children with Attention-Deficit/Hyperactivity Disorder (ADHD) and Sleep Problems-A Qualitative Study	<i>Int J Environ Res Public Health</i>

†Scientific level 0/or not found in the Norwegian list. [https://kanalregister.hkdir.no/publiseringskanaler/Forside.action?request\\_locale=en](https://kanalregister.hkdir.no/publiseringskanaler/Forside.action?request_locale=en)