Research paper

Any good science project starts with research. My problem that I wanted to solve was making a reversible weighted blanket that had a cooling insert and a heating insert. The first thing that I did was to see if it was already created and it wasn't. Then I researched some of the things that connected to weighted blankets.Some of the main things that connected to weighted blankets that I wanted to figure out were who are the people that benefit from blankets the most, and What are the best type of materials to use to make a way to blanket. And also seeing why weighted blankets are so expensive compared to a normal blanket.

I knew that sleeping with a weighted blanket helped people but I also wanted to learn more about who benefits from it,how heavy it should be and why . I found that those who have ADHD,Autism and anxiety are the ones who benefited the most from using a blanket which I found out from (brownhealth.org) I also learned that your weighted blanket should be 10% of your body weight from (sleepfoundation.org) . Weighted blankets help people with ADHD,Autism and anxiety because the pressure from the blanket calms their nervous system down I found from (harkla.com)

There were heated weighted blankets and cooling blankets but they weren't sold together and reversible.Another thing that I also wanted to research was what was the best Heating and Cooling materials I came up with cooling gel for the cooling part of my blanket ice packs and memory foam from(bearaby.com/blogs). Then for the heating part of it were heating coils,cotton and heating sand. I found out those materials from (The department of energy.org).

Another thing that I was looking at when I was trying to see if a reversible Heating and Cooling blanket was invented, was that the heating and cooling blankets were very expensive and I wanted to figure out why. While also seeing what makes a good weighted blanket.I found that the reason that blankets are so expensive is because instead of a normal blanket which just has Fabric in it a way to blanket has More materials to make it weighted I found from (balooliving.com).The things that make a good with blanket is the correct way according to how much you weigh and and having 100% cotton for the blanket,I found This information from (mosaicweightedblankets.com).

I think that after researching those things I knew more about my project and became more credible.Now that I have these research facts I well able to make a better prototype for my final project.While also being aware of who I'm helping and what are the best materials for this project.Now that I know people that benefit from a way to blanket are people with ADHD autism and anxiety. The materials that are possibly the best for making a way to blanket are cooling mat, ice packs, and memory foam. For the heating part of it the best materials are heating coils, cotton, and heating sand.

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