

Read and adhere to the manufacturer's care instructions.





Put cooling blankets in mesh bags when washing them in the machine.

Consider handwashing weighted cooling blankets for a thorough cleanse.





Always use cold water for washing cooling blankets.

Never use bleach to clean and wash cooling blankets.





Refrain from dry-cleaning cooling blankets.

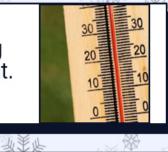
Avoid tumble drying them to maintain their fabric integrity.





Always air-dry them thoroughly to prevent mold and mildew.

Avoid exposing weighted cooling blankets to direct sources of heat.





Cover weighted cooling blankets with a duvet cover for better protection.

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 ${\color{red} \textbf{Source:}} \ \underline{\textbf{https://www.momjunction.com/articles/best-blankets-for-night-sweats_00785564/}}$