

# Weighted Blanket Fill Weight Chart

Rule of thumb: target fill weight  $\approx$  10% of body weight (range 5–12%). Widely cited industry guideline — see Sleep Foundation.

| Body Weight                 | Suggested Fill Weight (10%)  | Common Retail Range                 |
|-----------------------------|------------------------------|-------------------------------------|
| 100–120 lbs                 | 10–12 lbs                    | 10 lb                               |
| 130–150 lbs                 | 13–15 lbs                    | 15 lb                               |
| 160–180 lbs                 | 16–18 lbs                    | 15–20 lb                            |
| 190–220 lbs                 | 19–22 lbs                    | 20 lb                               |
| 230+ lbs                    | 23+ lbs                      | 25 lb (practical ceiling ~25–30 lb) |
| Kids (3+ yrs, 50+ lbs)      | 10% of body weight + 1 lb    | 5–10 lb                             |
| Couples sharing one blanket | 7.5% of combined body weight | —                                   |

Safety note: weighted blankets are generally recommended for ages 3+ and 50+ lbs body weight. For therapeutic/medical use, confirm fill weight with a healthcare provider.

Free tool from Renrui Textile — [renruitextile.com/custom-weighted-blanket/](https://renruitextile.com/custom-weighted-blanket/)

## Fill Material & Construction Spec Guide

### Glass Beads vs Poly Pellets

|                  | Glass Micro-Beads                           | Poly Pellets                                      |
|------------------|---------------------------------------------|---------------------------------------------------|
| Feel / size      | Fine, sand-like grain                       | Larger, pea-sized pellet                          |
| Weight-to-volume | Denser — same weight fits a thinner panel   | Lower density — needs more volume for same weight |
| Noise            | Silent                                      | Faint rustle possible when shaken                 |
| Wash care        | More sensitive to repeated high-heat drying | More heat-tolerant, more forgiving care label     |
| Typical use case | Premium / slim-profile adult retail lines   | Kids' lines, budget / heavier-use lines           |

### Baffle-Box vs Channel-Stitch Construction

|                         | Baffle-Box                                                            | Channel-Stitch                                               |
|-------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------|
| How it works            | Internal fabric walls form 3D pockets — fill can't shift or level out | Straight horizontal channels — fill stays within its channel |
| Fill movement over time | Minimal — locked into individual boxes                                | Can settle slightly lengthwise after months of use           |
| Production cost         | Higher — more machine time & fabric for internal walls                | Lower — faster to produce                                    |

|          | Baffle-Box                                | Channel-Stitch                                     |
|----------|-------------------------------------------|----------------------------------------------------|
| Best for | Lines selling on even weight distribution | Price-competitive lines, minor settling acceptable |

Both fillings and both constructions are run in-house at Renrui Textile. Every finished unit is individually weighed and checked within  $\pm 3\%$  before it ships.

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