

Weighted Blankets: A Big Hug

"I felt a sense of calm, peace, security and deep relaxation," one Dana-Farber Cancer Institute patient said.

December 9, 2024 By [Trent Straube](#)

Feeling anxious while receiving an infusion? Try relaxing under a weighted blanket. Cheri Hermann, RN, a staff nurse with the Dana-Farber Cancer Institute, began offering them to people getting infusions during COVID-19, when her patients felt especially alone and scared. "When we put a weighted blanket around a patient, their whole expression changes," Hermann says in a Dana-Farber press release. "It's like giving them a big hug and letting them know, 'We've got you. Things are going to be OK.'" She also helped design research that showed the weighted blankets were in fact helpful, and now they're offered throughout Dana-Farber, with other health centers across the globe interested in doing the same. "When they put it on me, my anxiety instantly drained away," an 82-year-old Dana-Farber patient recalled. "I felt a sense of calm, peace, security and deep relaxation."

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.cancerhealth.com/article/weighted-blankets-big-hug>