The Weighted Comfort

By Clothing for Change

What is Clothing for Change?
We are a clothing company that designs the clothing of the future. We develop fashion with a positive impact on mental health.

Mission
Our mission is to promote positive mental health and wellbeing through our environmentally sustainable and fashionable clothing.

Who
Our team of designers, engineers, psychologists and human physiology experts work together to create clothing that fulfills our mission statement.

How
We combine state of the art technology with cutting edge design to create products that look good, feel good and do good.
The Weighted Comfort

“Let our sweater take a weight off your mind.”

Manifesto
An individual’s mental state can significantly impact their physical health and quality of life. This is aptly demonstrated in our present pandemic state which has increased societal depression and anxiety. We hope that our sweater, the Weighted Comfort, can be part of a solution. Additionally, the materials used in the Weighted Comfort are sustainably and ethically sourced demonstrating our commitment to equitable practices.

What It Is
The Weighted Comfort is a sweater that arose out of our company’s mission to promote positive mental health through fashion. This unique apparel is designed to stimulate the parasympathetic nervous system, reduce anxiety and promote a sense of calm. It is made from fiber interwoven with almost imperceptible copper strands. It benefits people with anxiety, depression, mild traumatic brain injuries and ADHD.

How It Works
The Weighted Comfort builds on research demonstrating the benefits of weighted blankets and vests in reducing anxiety and promoting relaxation. Optimal results have been demonstrated using weighted objects that are 5% to 7% of the user’s bodyweight. The copper strands integrated into this sweater not only add the required weight, but also have antibacterial and antiviral properties, a particularly useful property during this pandemic.
**Materials**

The Weighted Comfort is made from cotton, wool, bamboo or polyester fibers, woven around copper wire. Each base fiber has its own unique features and is sourced through ethically and environmentally friendly channels. With a balance between strength, flexibility and ductility, copper is an ideal metal for this sweater. Its density makes it preferable to other metals such as aluminum and allows for customization of the weight of the Weighted Comfort.

**Customization**

To cater to everyone’s needs, each Weighted Comfort is individually customized. Our unique survey allows the customer to select fit, colour, weight and base fiber type to create a personalized sweater. Below is the link to our survey:

https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV_4Z405jccQ0FXsk6
Economics
This garment has tremendous economic implications. By reducing anxiety and depression it promotes increased productivity and a reduction in mental health care costs. It is a more cost-effective form of treatment than conventional medications and psychotherapy, making this intervention more economically accessible. Individuals can experience a sense of empowerment and control.

Human Loop
The human loop is integral to the design of the Weighted Comfort. This garment promotes human flourishing through self-empowerment and a reduction of anxiety and depression. It also has potential benefits for individuals with mild traumatic brain injuries and ADHD. The product was specifically designed to remove the stigma of mental health. Its unobtrusive appearance retain their privacy and anonymity. These factors combine to promote a healthier way of life.