

# The power of a solid hug

## What is Squease?

Squease is a comforting inflatable deep pressure vest designed for people with sensory processing issues.

## For whom is Squease?

Anyone who has difficulty processing stimuli. It is suitable for individuals experiencing both overstimulation and understimulation issues, including:

- Autism (ASD)
- (S)E(V)MB
- ADHD/ADD
- Dementia
- Brain injury
- PTSD
- Asperger Syndrome (AS)
- Gilles de la Tourette's Syndrome
- Acquired Brain Injury (ABI)
- Developmental delay
- Pervasive Developmental Disorder (PDD(-NOS))
- Proprioceptive Disorder
- Sensory Integration Disorder (SID)
- Sensory Processing Disorder (SPD)
- Down Syndrome
- Intellectual disability
- Anxiety disorders
- Burn-out
- High sensitivity (HSP)
- Sleep disorders
- Whiplash
- Concentration problems

## Deep pressure and sensory information processing (SI)

Inflating the Squease pressure vest provides deep pressure; a form of tactile stimulation that applies firm, even pressure to the body. Deep pressure activates the parasympathetic nervous system which provides calmness, recovery and a sense of security. This can help to reduce stress, slow the heart rate and better process stimuli. Also, when under stimulation, where a person has difficulty staying alert or concentrating, deep pressure can help to correctly activate the senses and improve focus.

Unlike various weighted products, Squease deep pressure is created by air. When wearing the deep pressure vest, no muscle or joint pain can occur due to the weight. Moreover, a person can wear this device all day because you can also deflate the vest to alternate deep pressure and no deep pressure.



# When might deep pressure help?

## Het drukvest aantrekken

For people with problems processing of stimuli, deep pressure can help to:

- Prevent overstimulation
- Calm down during stress, panic and anxiety
- Deal better with mounting tension and frustration
- Reduce anxiety
- Function in high-stimulation environments
- Improve concentration
- Fall asleep and sleep through sleep
- Make transitions between activities
- Improve body awareness
- Reduce problem behaviors
- Prevent temper tantrums



## Determine how the pressure vest is deployed

The vest can be used when there is a need for deep pressure. It can also be preventive to avoid over-stimulation, frustration and anxiety. Explore with the vest how it works best.

## Deploying the pressure vest can be:

- **Time bound:** the vest is deployed for a specific length of time
- **Activity related:** the vest is used during certain activities
- **Stress level related:** the vest is used in case of under- or over-stimulation.

Or a combination of the above ways.

Ensure that everyone involved is aware of the plan of action so that the agreements are consistently followed.

This makes it clear to the user when the pressure vest is worn (empty), when it is worn inflated, and when the air is let out.



# SQUEASE™