



**What is a body sock?**

- A body sock is like an oversized pillowcase that wraps around a student's body with an opening for their head.
- It is made from 4-way stretch lycra that is breathable.
- The stretchy fabric provides deep pressure input against the student's movements to provide a calming effect.



**What student would benefit from using a body sock?**

- An active student who demonstrates a sensory need for deep pressure and movement (e.g. rocking/bouncing in their chair or falling/crashing on purpose)

**What are the benefits of using a body sock?**

- Promotes calmness
- Reduces restlessness
- Increases concentration and attention
- Promotes body awareness (feeling where your body is in space)

**Why do body socks work?**

- Moving against resistance or "heavy work" provides a student's body with proprioceptive input or deep pressure input.
- Deep pressure input can have a soothing effect on a student's nervous system due to changes in the body's biochemistry that this sensation provides.



**How and when can body socks be used?**

- It is safest for a student to use a body sock while moving on a soft or carpeted open area.
- A mat or carpet provides the student with a defined boundary, which will help prevent bumping or falling into objects.
- Students often use a body sock just before or after a challenging activity.
- Body socks should be used for short periods of time. The body may accommodate to the deep pressure and the body sock may no longer

be effective.

- There should be at least an hour break between when the body sock is used again.
- Students must remove shoes when using a body sock.

### **Precautions and risks:**

- If a student stands in a body sock, it increases the risk of falling as the material is slippery.
- Students may choose whether to have their head inside or outside of the sock. Students who choose to put their head inside the body sock are at greater risk of falling, as they cannot see as well.
- Students should be closely observed when wearing a body sock.
- Make certain the area around the student is clear of obstacles.

### **Where can you buy body socks?**

- There are several Canadian companies that sell body socks.
- It is essential to purchase the appropriate size for each individual student.
- Ask your Occupational Therapist for details or to try one out.
- Check the resources available at your school.