

Why sensory rooms are essential

Sensory rooms are quiet, low-traffic spaces featuring soothing lighting and tactile elements that help all guests regulate sensory input. They provide a calm environment for relaxation and stress relief, offering individuals who identify as neurodivergent or those with sensory processing challenges the tools to support self-regulation.

Benefits of a sensory room

Expands accessibility and inclusion

Opens your doors to the 15–20% of the population with sensory processing needs.

Boosts attendance

Guests are more likely to purchase tickets with a sensory safety net available.

Builds strong community trust

Signals that your organization genuinely values belonging and accessibility, generating positive word-of-mouth and strong community loyalty.

Promotes care

Demonstrates a clear commitment to mental well-being.

Restores focus and performance

Increases engagement and readiness to participate by up to 56% through a quick reset.

Dramatically reduces stress

Just 15 minutes in a calm, low-stimulus space can cut stress levels by up to 60% and prevent severe burnout.

Extends visit times and participation

Provides guests with a safe place to decompress to prevent early departures.

Possible objects to include

- Noise-canceling headphones
- Weighted lap blankets
- Tactile wall panels
- Fidget tools
- Yoga mats
- Bean bags
- Floor cushions
- Therapy balls
- Sunglasses
- Bubble tube
- Fiber optic lights
- Acoustic dividers
- Sound machine

Learn more about our accessibility initiatives

The Utah Division of Arts & Museums (UA&M) is dedicated to building a culture of accessibility for all Utahns—striving to go beyond ADA compliance. Accessibility is an ongoing journey, and sensory rooms play a vital role by giving everyone an opportunity to participate in arts and cultural programming.

For information about the UA&M sensory room and accessibility initiative, please visit: **artsandmuseums.utah.gov/accessibility**

You may also contact our accessibility coordinator, **Jenna Ehlinger**, at **jehlinger@utah.gov**.