

Calm at Night

Information for patients, staff and visitors



Some patients find it difficult to sleep and rest in hospital. Unavoidable noise and light can make it very difficult to relax. This leaflet is a practical guide to how patients, staff and visitors can all work together to create a restful environment at night for the benefit of patients, to aid recovery and provide protected sleep time.

Rest and sleep is an important part of patient care, we will do our best to:

- Create a calm and restful environment for our patients to help recovery.
- Provide eye mask, ear plugs and bed socks for patients requesting them.
- Turn off the main overhead lights at 10pm and use bedside lights.
- Always keep staff conversations low and appropriate.
- Reduce the volume of telephones.
- Answer nurse call bells and alarms promptly.
- Be mindful of noise that can be created when using doors, bins etc.
- Do our best to ensure medicine rounds are completed by 11pm.
- Ensure that patient transfers, where possible, are completed before 10pm
- Remember that "Good Morning" begins at 7.00 am.

Rest and sleep is an important part of recovery, please:

- Be respectful of other patients who need to rest and sleep
- Request your relatives/carers not to phone ward after 9.00pm
- Turn off televisions, mobile phones and other electronic gadgets
- Where possible, leave the bay if you need to speak on your mobile.
- Have conversations with other patients or staff quietly.
- Keep to hand anything you might need during the night.
- Let us know if you need pain relief.
- Let us know if you cannot sleep or if there is anything you need.
- Avoid drinks containing caffeine.
- Make sure you are not too hot or too cold.
- Try to use the bathroom before you settle down at night.
- Listening to music, reading and breathing exercises can aid relaxation.

Further information on websites/apps that may help you is available from staff.

Thank You