

**On this Ward we are all working together to create a restful environment for our patients by trying to reduce the noise on the ward at night. This will help patients relax and get a good night's sleep, which will help aid their recovery.**



Visiting is over at 8.15pm. It is expected that all visitors will leave the ward at this time so that patients can start to get ready for bed and settle down for the night.



By 10.00 pm we aim to have the main overhead lights switched down and will use the bedside lights whenever possible.



We request patients/relatives to turn off their electronic gadgets, including mobile phones, unless they are using earphones.



An Information leaflet is available which includes helpful tips on how to relax and get a good night sleep.



Various aids are available that may help patients relax and sleep, such as eye masks, ear plugs and bed socks.



Decaffeinated tea/coffee are also now available on request.



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

*Thank you for your help  
with this initiative.*