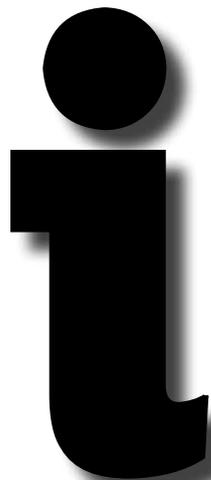


How to sleep well in hospital (page 1 of 2)



Sleep quality is precious, as a lack of sleep or broken sleep damages health and wellbeing and more importantly, it directly affects recovery of good health.

Some patients find it difficult to rest and sleep in hospital. Having other people around, noise from patients or noise from machines on the ward can make it very difficult to relax.

There will always be some patients who require care during the night. In treating them the nursing staff will always try to keep noise and light to a minimum.

If you are struggling to rest or sleep please let the nursing staff know as they may be able to help. For example they could provide a set of earplugs. These are only for use by one person, so please take them home and bring them in with you if you are a hospital inpatient again in the future.

Sleep tips

- try to use the toilet before you settle down for the night and if you are in any pain ask nursing staff for pain relief.
- make sure you are at a comfortable temperature; nursing staff can supply extra blankets if needed, or remove them if you are too hot. They can also provide small bedside fans.
- reduce your caffeine intake. Caffeine is a stimulant and could keep you awake.
- discuss sleeping patterns with nursing staff and ways in which they can assist in achieving your normal sleep routine.
- read for a while, listen to some relaxing music, and ask for a milky drink. These can all aid relaxation and sleep.

Consider the needs of other patients

- please ensure you have your call bell to hand to alert staff if you require assistance during the night.
- rest and sleep is an important part of recovery so please be mindful of the needs of your fellow patients, especially if they choose to rest or sleep at different times to you.
- when the main lights are turned out please turn your TV off or use the headphones provided. If you do not have a set of headphones, ask a member of the nursing team.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Name: Senior Sister Abi Rigby & Senior Sister Jayne Sheppard
Date written: Nov 2016
Review date: Nov 2019
Version: 1.0
Code: PI1419

- please switch your phone to silent. If you do make or receive a call do this out of earshot of other patients, especially during the night.
- please keep noise and movement during the night to a minimum. If you need assistance to get to the bathroom or you need to find something from your bedside locker during the night, please ask a member of staff to help. Use your call bell, rather than calling out, to avoid disturbing other patients.
- if patient is snoring loudly and disturbing other patients we will offer ear plugs to all the other patients. If this does not help we will gently wake the patient to ask them to change position.
- the ward has protected sleep time 11pm – 6am. This is when unless clinically needed, we do not disturb patients in the hope they have a peaceful period of quiet, undisturbed sleep.

Further information

If you would like further information or would like to tell us about your experience please ask to speak with the nurse in charge.

