

# The Good Night Charter

Reducing noise and other disturbances for a good night's sleep

Protected Sleep Time is between **11pm and 7am**. During these hours, we will work together to create a restful environment that ensures our patients have a good night's sleep.

## We will do our best to:

### **Be mindful when speaking**

Speak quietly when talking to patients and colleagues.

### **Dim the lights**

Dim the lights in the bay during Protected Sleep Time unless there is an emergency.

### **Use equipment quietly**

Ensure equipment is maintained and in good working condition to reduce unnecessary noise.

### **Close bins, doors and drawers softly**

Be aware that bins, doors and drawers may not be soft closing.

### **Answer promptly**

Be prompt when answering call bells, alarms and ward phones to address any problems and reduce noise.

### **Support patients**

Encourage, and support, patients to report any issues which may disturb sleep so it can be addressed quickly.

### **Make reasonable adjustments**

Provide extra support to patients who may become agitated or confused.

### **Perform observations only when necessary**

Monitor observations, such as blood pressure, overnight only when necessary and explain why it is needed.

### **Maintain routines**

Ask patients about their normal sleep pattern upon admission and try to maintain the routine as much as possible.

## We'd be grateful if you could:

Keep noise and movement to a minimum during Protected Sleep Time.

Turn the bedside light off during Protected Sleep Time.

Turn devices off or on silent after 11pm. Use headphones if you are using a device after this time.

Please report any issues to a member of staff so it can be addressed quickly.

# Shh... Sleep helps healing

