

Information for Patients

# Tips to help you rest and sleep in hospital . In support of The Good Night Charter



We want to make sure our patients can get a good night's sleep whilst they are in hospital. This is because sleep is essential to recovery and wellbeing. In fact, good quality rest and sleep can:

- Give your body the time it needs to rest and repair,
- Strengthen the immune system,
- Reduce stress, and
- Help reduce the amount of time you stay in hospital.

## How we can help you rest and sleep

You may feel nervous about being in hospital; have worries about what will happen next or about things that are happening outside of hospital. If you have any questions or require further information or specific support, please do not hesitate to ask. The staff involved in your care will be happy to help. If you need to speak to a specific person, team or organisation, this can be arranged so please don't be afraid to ask.

## The Good Night Charter

Hospitals are busy places and there may be times when noise and light disturbs you. We have introduced 'The Good Night Charter' to demonstrate our commitment to providing a restful environment for our patients during the Protected Sleep Time (11.00pm to 7.00am).

During these hours, we will:

- Dim the lights in the bay.
- Keep noise to a minimum.
- Answer call bells, alarms or phones promptly.
- Encourage patients to report any issues which may interrupt sleep.
- Perform observations, such as heart rate and blood pressure, only when necessary and explain why we need to do this.
- We also ask that you are considerate of the needs of your fellow patients and consider the 'Good Night Manners' on the next page.

# Good Night Manners

## **Be respectful of other patients**

Try to reduce noise and movement during Protected Sleep Time. If you need assistance, please ask a member of staff.

## **Turn the lights off**

Please be considerate when using bedside lights during Protected Sleep Time unless there is a special circumstance (such as going to the toilet) or emergency.

## **Turn devices off or on silent**

Please turn TVs, radios, mobile phones and other devices off after 11pm. If you would like to continue using a device, please use headphones and ensure they are on silent.

If you need to make a call in the bay, please keep the call time to a minimum and speak quietly. If you need to speak to length, please ask a member of staff to direct you somewhere more private.

## **Let us know**

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

If you are in pain, please ask the nursing staff for pain relief.

## **Top Tips for relaxation**

Prepare for sleep as you normally would - routines are important.

Avoid drinks containing caffeine (such as cola, tea and coffee) as these can keep you awake.

Make sure you are comfortable. If you are feeling unwell or have had surgery, it can be difficult to find a comfortable position. Please ask the ward team if you need help getting yourself comfortable.

Try to use the bathroom before settling down for the night.

Listening to relaxing music quietly through headphones, reading and breathing exercises, can all aid relaxation.

## Further information is available from:



### Feedback

We appreciate and encourage feedback which can be shared in a number of ways through the hospital website. Scan the QR code to give feedback. <https://www.sath.nhs.uk/patients-visitors/feedback/>

### Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

## Other Sources of Information

### NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

111 (free from a landline or mobile)

[www.nhs.uk](http://www.nhs.uk)

### Self Help & Support Groups

A selection of websites providing access to good quality health information, local organisations and community groups is available from the library. [www.library.sath.nhs.uk/find/patients/](http://www.library.sath.nhs.uk/find/patients/)

### Information in Other Languages or Formats

If you require this information in a different way such as easy read, a different language, larger print, audio or braille please tell a member of staff or contact the Patient Experience Team;

[sath.patientexperience@nhs.net](mailto:sath.patientexperience@nhs.net) or 01743 261000 ext. 2503.

Website: [www.sath.nhs.uk](http://www.sath.nhs.uk)

Information Produced by: Patient Experience Team

Date of Publication: March 2021

Version number: 1

Due for Reviewon: March 2024

ID:

© SaTH NHS Trust

