

# This ward has signed **The Good Night Charter**

## **This means:**

Protected Sleep Time is between **11pm  
and 7am.**

Please keep noise to a minimum during  
these hours so as not to disturb patients  
who are trying to sleep.

We will dim the lights between these  
hours.

Devices, such as mobile phones, should  
be turned off or put on silent mode  
during the Protected Sleep Time.

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

**Shh... Sleep helps healing**

