



TIPS FOR BETTER SLEEP IN THE HOSPITAL

Sleep is vital to your health and for helping your body heal and recover from illness. It can be a challenge to get regular sleep while you're in the hospital, but there are some simple tips you can follow for better sleep while you're here.

Preparing for your hospital stay

Bring some things from home that may help you feel more at ease. These may include a pillow, blanket, robe, non-skid slippers, loose-fitting clothes, eye mask, earplugs, noise-canceling headphones and a good book to read.

Let your doctor know if you take melatonin or any prescribed sleep medicine at home. If your doctor approves your sleep medicine that is not available through our pharmacy, please bring it in the original bottle, and give it to your nurse. The pharmacy will review and label your home sleep medicine bottle. If approved, your nurse will bring your sleep medicine before bedtime. Then, it will be returned to you when you are ready to go home.

Daytime hours

- Try to keep the same wake time each day.
- Turn on the light or open window coverings to allow natural light into your room.
- Get some exercise:
 - ▶ If you are cleared by your doctor and physical therapist, walk the hospital unit or do gentle stretches in bed or a chair.
 - ▶ Participate in your daily physical/occupational therapy session as much as you are able.
 - ▶ There are many eVideon videos on yoga and stretching available.
- Ask your doctor if you're stable enough for blood pressure, heart rate, breathing rate and temperature checks to be done before 11 p.m. and after 4 a.m.
- Limit naps to earlier in the day for less than 30 minutes, or avoid if possible.
- Avoid coffee, tea, soda, chocolate or nicotine later in the day. Caffeine effects can last up to 8 hours and make it more difficult to fall asleep.
- Consider speaking with your doctor, nurse or case manager if worries about your care or hospital discharge plan are causing you to worry at night.

Evening hours

- Try to keep the same bedtime each night.
- Try some relaxation activities. Some examples include:
 - ▶ Read a book, write in a journal, meditate, do breathing exercises.
 - ▶ Listen to soothing music. The hospital television has channels with relaxation music and a white noise option.
 - ▶ Take a warm shower that your doctor can order if needed.
 - ▶ Gentle stretches may help ease aches and pains.
- Ask your nurse to provide your evening medications and arrange lab draws to be done before you sleep.
- Avoid late meals or drinks 2-3 hours before bedtime to help reduce the chance of indigestion and frequent bathroom trips.
- You can expect it to be quieter after visitors leave at 9 p.m. However, there may be occasional announcements overhead regarding patient care or safety.

Bedtime

- Decrease noise and light in the room to help your body know it's time to sleep.
- Close window coverings and turn off the lights in your room.
- Turn off electronics.
- Silence phones.
- Use an eye mask or earplugs.
- Keep your room temperature cool.
- If you are having trouble falling asleep, try some additional relaxation activities. Avoid using electronics, especially during this time.

Are you still having trouble sleeping?

We know that getting good sleep can be challenging while in the hospital. Talk to your doctor or nurse to see if other treatments or medications are available to help you sleep.

Feedback

Please reach out to a member of our healthcare team to share your thoughts on improving your sleep environment or making your stay more comfortable.

