

SLEEP IN THE HOSPITAL

If you're staying overnight at a hospital, your sleep may be affected at a time when your body needs its restorative benefits most. Sleep is essential to overall health and healing. Studies have found that poor sleep can affect your recovery and immune system.



WHAT'S KEEPING YOU FROM SLEEP IN THE HOSPITAL



The Timing of Certain Medications or Testing

The timing of certain medications, blood draws, and blood pressure testing can interrupt your sleep.

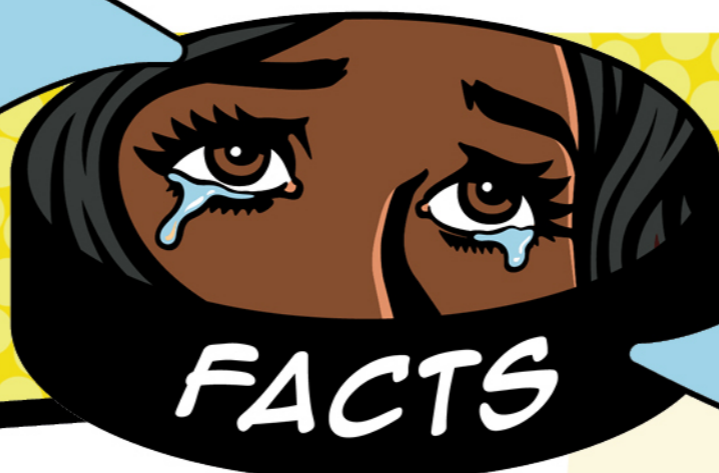


Environment: Light and Noise

Noise from beeping monitors, pumps, ventilators, cleaning machines, staff, and even other patients can make it hard to sleep.



On average, children slept at least **2 HOURS LESS** per night.



FACTS

Also, pain or side effects from medications may impact your sleep.



HOW TO IMPROVE YOUR SLEEP DURING YOUR HOSPITAL STAY

★ **BRING ITEMS FROM HOME**, such as pillows or pajamas, that may make you feel more comfortable.

★ **KEEP YOUR ROOM BRIGHT** during the day with open shades and room lights on.

★ **LIMIT DAYTIME NAPPING.**

★ If possible, **GET OUT OF BED** during the day and try to keep busy.

★ **LIMIT CONTROLLABLE NOISE**, such as the TV or cell phone, near bedtime.

★ **SPEAK TO YOUR MEDICAL PROVIDER** about minimizing nonessential nighttime tasks and if it is possible to adjust medication administration times to limit nighttime disruptions.

★ **AVOID CAFFEINE AND HEAVY MEALS** before bedtime.

SLEEP PLAYS AN IMPORTANT ROLE IN HEALTH AND RECOVERY. HAVE A CONVERSATION WITH YOUR MEDICAL PROVIDER ABOUT WAYS TO IMPROVE YOUR SLEEP DURING YOUR HOSPITAL STAY.

