

Silent night charter

The aim of our silent night charter is to encourage reduced noise levels on the wards overnight, between **10pm and 7am**.

We ask you to:

Keep noise and movement to a minimum to enable other patients to rest and sleep without disturbance.

Let ward staff know if there is a noise issue so that they can address this for you.

Turn mobile phones and other devices such as tablets off, or put them on silent. If you are using them to listen to music etc. please use headphones.

Keep bedside lamps turned off and use ear plugs or an eye mask if this will assist you to sleep. Please ask a member of staff.



We will:

Dim the lights on the ward and **ask patients about their normal sleep pattern** upon admission to try and maintain the routine where possible.

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

Speak quietly when talking to patients and colleagues, **use equipment quietly** and ensure all equipment is maintained and in good working order to reduce unnecessary noise.

Close bins, cupboards and drawers **slowly and softly** and **answer telephones** and **respond to alarms** as quickly as possible.

Provide extra support to patients who may become agitated or confused