

## Reduce noise from mobile phones

It is recognised that patients use their mobile phones whilst in hospital. For some this is an important part of keeping in touch with loved ones. If you do use your phone there are a few things you can do to reduce the risk of disturbing your fellow patients:

- Please switch your phone to silent, if you do make or receive a call please try to do this out of earshot of other patients especially during the night
- If you do need to make or receive a call at the bedside, please keep the call time to a minimum and speak quietly
- If you need to speak at length, please ask a member of the nursing team whether there is somewhere private for you to do so

## Further information

If you would like further information or would like to tell us about your experience; please contact the Patient Experience team via email [patientexperience@uhb.nhs.uk](mailto:patientexperience@uhb.nhs.uk) or by telephone 0121 371 4492.

## How are we doing?

We are constantly looking at ways we can improve the care and services we provide to our patients and their family. You can help us by completing the survey on your bedside TV before you go home. Please ask a member of staff if you need help, or do not have a bedside TV. For more ways to provide feedback on your care or our services, please ask for a Patient Experience leaflet.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit [www.uhb.nhs.uk/health-talks.htm](http://www.uhb.nhs.uk/health-talks.htm) or call 0121 371 4323.

---

**Patient Experience**  
**Queen Elizabeth Hospital Birmingham**  
Mindelsohn Way, Edgbaston  
Birmingham, B15 2GW  
Telephone: 0121 371 4492/4491

---

## Tips to help you rest and sleep in hospital



Delivering the **best** in care

**UHB is a no smoking Trust**

To see all of our current patient information leaflets please visit [www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

## Rest and sleep in hospital

Some patients find it difficult to rest and sleep in hospital. Having other people around, noise from patients, or noise from machines on the ward, can make it very difficult to relax. Also, being in hospital can be very daunting and you may have worries about your care, treatment or things that are happening outside of hospital; perhaps related to family or your situation at home. Staff involved in your care will want to know if you have worries or concerns so they can help. You may just need some additional information or reassurance that will make you feel less worried. If you have any worries or concerns, please discuss them with a member of staff. If you need more support than this or need to speak to someone specific this can be arranged so please don't be afraid to ask.

If you are struggling to rest or sleep please let the nursing staff know as they may be able to help. There are some suggestions on the following page that you may wish to try.

If light or noise is disturbing you ask the nursing staff for a sleep kit. The kit contains an eye mask and a set of earplugs and is for single patient use. Please take them home and bring them in with you if you are a hospital inpatient again in the future.

## Top tips

- Ask for a milky drink or herbal tea. These are known to aid relaxation and sleep
- Avoid drinks containing caffeine. Caffeine is a stimulant so will be more likely to keep you awake
- Make sure you are not too hot or too cold. Nursing staff can provide extra blankets if needed, or remove them if you are too hot
- Make sure you are comfortable. If you are unwell or have had surgery it can be difficult to find a comfortable position; please ask the nursing staff if you need assistance to get comfortable
- Try to use the toilet before you settle down for the night
- If you are in pain please ask the nursing staff for pain relief. A survey carried out at this hospital showed that needing the toilet and being in pain are two of the main reasons patients have a disturbed nights sleep
- Read for a while, listen to some relaxing music or try some relaxation exercises. Ask the nursing staff for the leaflet 'Relaxation exercises to help you rest and sleep'

## Respect other patients need to rest and sleep

Rest and sleep is such an important part of recovery so please be considerate of the needs of your fellow patients, especially if they choose to rest or sleep at different times to you.

When the main lights are turned out please turn your TV off or use the headphones provided. If you do not have a set of headphones, please either ask a member of the nursing team or the team from 'Premier TV' who will obtain a set for you.

Please talk quietly to other patients at night time. Talking with staff and other patients can help you to relax and make your stay a little more pleasant. If you are chatting to staff or patients please be mindful of other patients who may be trying to rest or sleep.

Please keep noise and movement during the night to a minimum. If you need assistance to get to the bathroom, or find something from your bedside locker during the night, please ask a member of staff to help.