

# Your Sleep Menu

Sleep is important for your physical and mental health. It is essential while your body is healing.

Members of your health care team will do what they can to help you get the rest you need while you are in the hospital.

## Relaxation



- turning on the CARE Channel
- using a lavender patch or inhaler
- sipping warm tea or water
- relaxation breathing
- religious or spiritual practices that are meaningful to you such as prayer, meditation, reflection or positive thoughts

## Comfort



- ear plugs
- a fan
- a comfort blanket
- extra pillows

A member of your care circle (family member or friend) can bring you comfort items from home such as a stuffed animal.

## Room



- dimming the lights in your room
- opening or closing the door or shades
- adjusting the room temperature
- using a phone app that uses “white noise”