

# Good Sleep During Your Hospital Stay (‘No Wake Zone’)

## Sleep

Getting enough sleep is important. It affects your physical and mental health.

Sleep is especially important while your body is healing. Your health care team will do everything they can to help you get the rest you need while you are in the hospital.

## ‘No Wake Zone’

“No wake zone” is a time period during which you will not be disturbed so you can sleep.

A member of your health care team will check on you every 1 to 2 hours without waking you. This will help make sure you are safely resting during this time. If you wake up and need something, you may use your call light to alert your health care team.

Your health care team will try to minimize any disruptions to your sleep. They may need to wake you, though, if you need care.

Your health care team will determine if you are eligible for “no wake zone.”

## Preparing for Your ‘No Wake Zone’

- Your health care team may ask you questions about your sleep habits such as:
  - What time do you go to bed?
  - How many hours do you typically sleep at night?
  - Where do you sleep (bed, chair)?
  - What bedtime routines do you have?

- Below are items or offerings that may help you sleep. Let a member of your health care team know which things might help you:

- ear plugs
- eye mask
- lavender essential oil
- water
- blanket
- warm tea
- a hand, foot or back rub
- adjustments to the room temperature
- adjustments to the lighting
- opening or closing the shades
- opening or closing the door
- TV
- music
- relaxing imagery
- “white noise” (available through many phone apps).

## After You Wake Up

You will wake up on your own unless your health care team needs to wake you to provide care. You will be in “no wake zone” each night you are in the hospital.

## Whom to Call With Questions

Talk with a member of your health care team if you have questions about “no wake zone.”