

Where can I find out more?

- Your Doctor
- Your Pharmacist
- Your Nurse
- www.betterhealth.vic.gov.au
- www.sleep.org.au
- www.sleephealthfoundation.org.au

Produced by the Pharmacy Department
September 2015



PO Box 2900 Fitzroy
VIC 3065 Australia
(03) 9288 2211
www.svhm.org.au

Tips to help you sleep in hospital

Sleeping in hospital can be hard.
Here are some tips to help you.



Tips to help you sleep in hospital

Sleeping in hospital

It can be hard to get a good night's sleep in hospital. Sharing a room with other patients, noise from machines and bright lighting can often make it hard to relax.

Hospital can also be quite daunting and you may be worried about your health. This can also make it hard to get to sleep. If you have any concerns, please speak with your nurse or doctor who can give you support and reassurance.

If you are having trouble sleeping, this Sleep Kit may be helpful.

It contains:

- an eye mask to help block out light
- ear plugs to minimize noise
- a herbal, caffeine-free teabag to help you relax.

This booklet also contains tips on how to get a good night's sleep.

Helping you sleep in hospital

- Make sure your room is not too hot or cold. Nursing staff can provide or remove extra blankets if needed.
- Read for a while or listen to some relaxing music through headphones.
- Avoid nicotine or drinks containing caffeine like cola, caffeinated tea and coffee. Nicotine and caffeine are stimulants so they can keep you awake.
- Have a cup of caffeine-free tea or warm milk. These are known to aid relaxation and sleep.

- If you are in pain, please ask the nursing staff for pain relief.
- Make sure you are comfortable. If you are unwell or have had surgery it can be difficult to find a comfortable position. Ask the nursing staff if you need assistance.
- Try to use the toilet before you settle down for the night. Please ask the nursing staff if you need assistance.
- If it is too bright or noisy, use the included eye mask and ear plugs.

Helping you sleep when you get home

- Go to sleep and wake up around the same time each day. Having a routine will help regulate your body clock.
- Go to bed when you are tired.
- Have a hot bath 1-2 hours before bedtime. This will increase your body temperature, causing you to feel sleepy as your body temperature drops again.
- Have a routine of things to remind your body that it is time to sleep. Do relaxation or breathing exercises before bed.
- Avoid heavy meals late at night.
- Avoid naps. It is best to avoid naps during the day. If you need to nap, sleep for less than 20 minutes and before 3pm. This ensures that you are tired at bedtime.