Most patients find it difficult to sleep in hospitals. Hospitalized patients experience fragmented and poor quality sleep. This is worrisome since sleep is healing and essential for recovery. Substandard sleep in the hospital could lead to adverse effects on cognition, neurobehavioral outcomes, respiratory function, immune function, metabolic function, anxiety, and pain. We often think about pain and anxiety as factors that impede optimal sleep. However, more common factors in the hospital setting that contribute to poor sleep include noise in general, routine patient care interventions, talking at the nurses station, and the noise of the paging system.

**SLEEP TIPS**

**Actionplan >> IMPROVE SLEEP FOR BETTER RECOVERY**

- Assist the patient to complete a familiar night-time routine.
- Assist the patient to create a comfortable, quiet and dark room.
- A temperature of 16-18°C is optimal.
- Suggest to the patient the use of eye masks or earplugs.
- No heavy meals two hours before bedtime.
- No caffeine (e.g. coffee, cola, iced tea and/or chocolate) 6 hours before bedtime.
- Be active (if possible) throughout the day.
- Make sure the patient gets enough daylight to maintain his/her circadian rhythm. When possible position the patient near a window to help maintain day/night routines.
- Advise the patient not to take naps after 4 pm
- Advise the patient to refrain from tablets or television one hour before bedtime.
- Decrease environmental noise and dim the lights in the (late) evening and night.
- Close the door of the room.
- Reduce staff conversation in room perimeter.
- Mute telephones close to patient rooms.

- At night, promote long blocks of uninterrupted sleep by decreasing the number of times you have to disturb patients.

**MORNING**
Provide (day)light

**MIDDAY**
Try to move

**6 HR BEFORE SLEEP**
Stop drinking caffeine

**Try to move**

**2 HR BEFORE SLEEP**
Stop eating

**1 HR BEFORE SLEEP**
Turn off screens

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