



Help Us Support Healing

“HUSH”

When you are in hospital



Hospital

We want you to have a good night's sleep



“HUSH”

Tips to help you rest and sleep in hospital



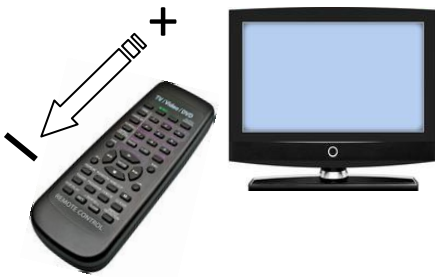
We will try to make sure that the area is quiet



We will turn the lights down



We will ask people to use head phones if they listen to their radio or CD player



And to turn their TVs down



Put your phone on silent. If you need to use it talk quiet and try not to talk for long



Have a warm milky drink instead of tea or coffee



If you are worried about anything, a little chat with staff before bed might help you relax a little



Try and use the toilet before you get in bed



Try to be comfy in bed. If you want more blankets or pillows, ask the staff



Tell staff if you are in pain and they may be able to give you something for it



There are ways to help you relax, ask staff about them.



Sweet Dreams.....



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

"HUSH" Help Us Support Healing



Tips to help you rest and sleep in hospital

Tip 1



Lie down if you can



Close your eyes



Breathe in through your nose as you
count slowly to 5



Breathe out through your mouth as you count slowly to 5 again



Try and do this a few times until you feel relaxed

Tip 2



Have a big smile and close your eyes
Very hard then let go again



Relax your neck forward then slowly back again



Lift your shoulders up and down about 5 times



Spend some time just lying down quietly



Sweet Dreams.....