



Help Us Support Healing

“HUSH”

Rest and sleep are essential for a person’s health and wellbeing. The effects of not having enough rest or sleep can have a significant impact on a patients’ recovery.

Please help to create a quiet healing environment for patients.

YOU ARE ENTERING A QUIET ZONE

9PM – 6AM

During this time, we ask that people: -

- **Speak quietly and in a soft tone**
- **Turn mobile phones and pagers to silent or vibrate in patient areas**
- **Turn the volume down on ward phones, so they are audible but not loud**
- **Understand that lights will be dimmed in ward areas**
- **Actively and consistently contribute to noise minimisation by reducing controllable noise**



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board