

**Reference Number:** FOI202425/184  
**From:** Private Individual  
**Date:** 02 August 2024  
**Subject:** Noise reduction poster

Request is a follow on question form FOI 202425/154

Q1 Could you send me a copy of the poster which provides information and guidance and to remind staff, patients and families of the need to reduce noise please?

A1 [Please see attachment - Sleep Helps Healing- Shh... \(1\)](#)

# Sleep Helps Healing

## Shh...

We understand that sleep is important to your mental well being and recovery. Some noise at night in hospital is unavoidable, but there are ways we can reduce it.

As a MEMBER OF STAFF, between 11pm and 6am, we pledge to...	As a PATIENT, between 11pm and 6am, I pledge to...
Dim lights at night between 11pm and 6am.	Dim my bedside light, or switch it off unless it is needed to keep me safe or an emergency.
Encourage patients to put devices on silent mode and to wear headphones	Turn my devices onto silent or off mode
Close doors and bins softly.	Close bins and doors softly.
Answer phones and alarms as promptly as possible.	Be sensitive to other patients who need to rest.
Encourage you to wear ear plugs if you are disturbed by other patients.	Use headphones if I want to listen or watch something on a device.
Have conversations away from colleagues where possible.	Not speak too loudly to family, other patients or staff.
Try to limit disturbing patients from observations unless necessary.	
Wear soft soled shoes.	