If you’re staying overnight at a hospital, your sleep may be affected at a time when your body needs its restorative benefits most. Sleep is essential to overall health and healing. Studies have found that poor sleep can affect your recovery and immune system.

**WHAT’S KEEPING YOU FROM SLEEP IN THE HOSPITAL**

- **The Timing of Certain Medications or Testing**
  The timing of certain medications, blood draws, and blood pressure testing can interrupt your sleep.

- **Environment: Light and Noise**
  Noise from beeping monitors, pumps, ventilators, cleaning machines, staff, and even other patients can make it hard to sleep.

On average, children slept at least 2 **HOURS LESS** per night.

Also, **pain or side effects from medications may impact your sleep.**

**FACTS**

**HOW TO IMPROVE YOUR SLEEP DURING YOUR HOSPITAL STAY**

- **BRING ITEMS FROM HOME,** such as pillows or pajamas, that may make you feel more comfortable.

- **LIMIT DAYTIME NAPPING.**

- **LIMIT CONTROLLABLE NOISE,** such as the TV or cell phone, near bedtime.

- **AVOID CAFFEINE AND HEAVY MEALS** before bedtime.

- **KEEP YOUR ROOM BRIGHT** during the day with open shades and room lights on.

- **If possible, SET OUT OF BED** during the day and try to keep busy.

- **SPEAK TO YOUR MEDICAL PROVIDER** about minimizing nonessential nighttime tasks and if it is possible to adjust medication administration times to limit nighttime disruptions.

**SLEEP PLAYS AN IMPORTANT ROLE IN HEALTH AND RECOVERY. HAVE A CONVERSATION WITH YOUR MEDICAL PROVIDER ABOUT WAYS TO IMPROVE YOUR SLEEP DURING YOUR HOSPITAL STAY.**