

INFOSHEET



This information sheet is for educational purposes only.
For further information regarding this topic, please contact the team.

Sleep in hospital

This information will help you and your child have a better night's sleep during your hospital stay. Sleeping well at night can make you feel better, give you more energy and promote health and healing.

How the hospital environment can affect your and your child's sleep

Many parents and children find it hard to get a good night's sleep in the hospital environment. There are many factors that could affect your and your child's sleep in the hospital. These include:

- Lighting in the hospital room can be too bright at night or dark during the day
- Sharing the room space with other children and families
- Regular check-ups and observations during the night
- Symptoms caused by your child's underlying disease or treatment such as pain, anxiety or trouble breathing.
- Some medications might make your child more sleepy or keep them awake at night
- Some parents and children find that sleeping on a different mattress affects their sleep quality

How do you improve sleep in the hospital

Limit daytime napping

Taking naps late in the afternoon can make it difficult for you and your child to fall asleep at night

During the day

Open windows (if your room has one!) or simply include some light physical activity in the sun. Light helps set your body's internal clock.

At Bedtime

Avoid foods and drinks containing caffeine. Try to finish dinner 3 hours before you want to go to sleep.

Speak to your doctor or nurse

Where possible changing medication times and reducing frequency of observations overnight might help you and your child have uninterrupted sleep.

Bring items from home

Try bringing certain items from home to make you feel more comfortable. These might include:

- Familiar Pillows
- Your child's favourite sleeping toy, blanket or comforters
- A good book for you, nightwear, slippers and some toiletries
- Earplugs or an eye mask

Other tips to help you sleep better

Have a sleep routine in hospital

You and your child could still try and keep a sleep routine in hospital. Pick any three activities such as reading, massage, meditation, listening to soothing music using headphones etc consistently before bedtime.

Make your bed sleep friendly

Turn off all electronic devices (phones, laptops and iPads) at least an hour before bedtime. Some adults and children may find deep breathing exercises before bedtime relaxing.

Keep your room dark

Close the curtains and use an eye mask.

The right temperature

Make sure your room is not too cold or hot. Nursing staff can provide or remove extra blankets if needed.



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