



PROMOTE SLEEP



Shades closed. Lights off. TV off. Make room as dark and quiet as possible.



Minimize caffeine intake.



Offer eye mask, ear plugs to help with sleep.



Group your nighttime tasks so that you are entering the room and waking the patient as few times as possible.

Discuss with the nurse each shift if they need vital signs done overnight.



If you communicate with the patient during the night, make sure glasses and hearing aids are on. Remember to introduce yourself, remind the patient where they are.

