



Get a Good Night's Sleep

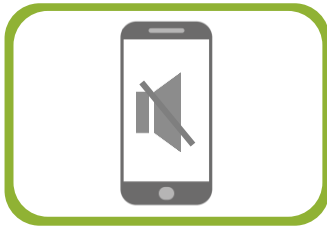
Sleep is an important basic need for human beings and plays a vital role in recovery and regaining your health after illness. To help improve your chances of enjoying the best possible sleep during your hospitalisation, try doing the following things to the degree that you are able:

- activate your body and mind as much as possible during the daytime
- expose yourself to daylight
- avoid taking naps
- keep the same evening routines as you have when at home, such as reading a book or listening to the radio
- avoid coffee and other caffeinated drinks after 4 p.m.
- avoid exposure to screens before bedtime (e.g., mobile phones, TVs, computers, tablets)
- let the staff know if there is anything on your mind that might be making you anxious
- tell the staff if you are hungry/thirsty/too warm or too cold, or if anything else is disturbing your ability to sleep well.

The amount of sleep needed varies from person to person and also with age. Sleeping poorly every now and again is not dangerous; we can usually catch up on missed sleep the following night.

In-patient night-time etiquette

At night-time, please show consideration for other patients' need to sleep by:



Turning the sound off on your mobile phone.



Keeping the TV switched off.



Avoiding phone calls.

Sleeping while hospitalised

The staff will do their utmost to help you get the best possible sleep while you are being cared for at the hospital. Please ask a staff member if you would like:

- earplugs
- a sleep mask
- a warm quilt.

We can always arrange an extra sandwich or similar for you to eat at any time of the day or night. We also provide things to keep you occupied during the daytime, such as magazines/newspapers, books, crosswords, games, knitting materials and more.

In many cases, using medication to treat sleep problems is inadvisable. In fact, sleeping pills work quite poorly; they only shorten the time it takes to fall asleep by 20 minutes. What's more, they reduce the quality of your sleep. Using medication also comes with the risk of side effects, such as an increased risk of falls, confusion and dependency. Also, oftentimes, it is not possible to combine sleeping pills with other medications.

Learn more about sleep problems on the 1177.se website (in Swedish).

