



# **PATIENT QUIETNESS GUIDELINES**

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**A QUIET  
ENVIRONMENT  
IS A HEALING  
ENVIRONMENT**

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# **PATIENT QUIETNESS GUIDELINES**



**A STANDARDIZED NOISE  
REDUCTION PROGRAM IN THE  
SKILLED NURSING CARE UNITS**

**QUIET PLEASE  
HEALING IN PROGRESS**

**QUIET HOURS  
3PM TO 4PM  
10 PM TO 5 AM**



# WE HEAR YOU

Feedback from you, the patient, has indicated that you prefer a quiet environment. Studies indicate that quietness helps you heal faster and spend less time in healthcare facilities. Because of your concerns and our desire to help you heal, we have instituted **Quiet Time Policies**.

## QUIET HOURS

The healthcare organization has instituted quite hours as follows:



**Afternoon:**  
3:00 PM to 4:00 PM



**Night:**  
10:00 PM to 5:00 AM

During these hours, we ask that everyone do whatever they can to contribute to maintaining a quiet environment. You will notice that the lights are turned down.

During quiet times, staff members will remind you and your family that **Quiet Time** is in effect.

## HOW YOU CAN HELP

- 1 Keep conversations at a low level.



- 2 Be considerate with cell phone use and limit it to designated areas.



- 3 Take notice of noise monitoring device such as the Yacker Tracker shown here.



- 4 Use headsets when listening television and music.



- 5 Remind each other that **Quietness Heals**.



- 6 Notify staff of any ways that you think the healthcare organization might be able to create a quieter environment.



- 7 When your stay in the healthcare organization is over, please fill out our Quietness Survey, to help us help you heal.

