A quiet environment is a healing environment.

Patient Quietness Guidelines

Quiet Please
Healing in Progress

Quiet Hours
3PM to 4PM
10 PM to 5 AM

A Standardized Noise Reduction Program in the Skilled Nursing Care Units

Stratford Manor Rehabilitation & Care Center

Quietness Guidelines

Stratford Manor Rehabilitation & Care Center
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.

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

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