

Welcome to Huntington Hospital

We understand that being in the hospital can be stressful and that sleep and rest are critical parts of your recovery. Our staff is here to ensure your stay is as peaceful and restorative as possible. We are committed to providing you with an environment that supports healing, comfort, and rest.

To help you get the rest you need, we have implemented several quiet practices:

- **Quiet Hours:** Our quiet hours are from 10 p.m. to 6 a.m., during which we minimize noise and interruptions.
- **Staff Coordination:** We aim to cluster care activities to reduce nighttime disturbances while ensuring your safety and medical needs are met; ***however, specific tests and treatments may require our team to wake you during quiet hours.***
- **Noise Reduction:** We encourage all staff during quiet hours to speak softly, dim the hall lights, close patient doors, and silence devices.

What You Can Do

- Let us know if you need extra pillows, blankets, or help adjusting your room lighting or temperature.
- Share your preferred sleep schedule and/or let us know if you need help relaxing before bed.
- Silence your cell phone.
- Request a sleep kit if you are having trouble sleeping.
- Wear earplugs and use the sleep mask.

Wishing you a restful and smooth recovery,
Your Care Team
