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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگرآپ اِس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اِس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Quiet Time

Neonatal Intensive Care Unit

Patient Information

Information for parents on daily quiet time on the NICU

Why quiet time?

As part of our commitment to family-centred care, we have a period of quiet time each day in our nurseries. The neonatal unit can be a stressful environment for babies and their families. Studies have shown a number of benefits of reducing high levels of stimulation (e.g. bright light, loud noise) for babies and families:

- Increased noise disrupts sleep patterns, which in turn can disrupt growth and development of our babies.
- Increased levels of stress hormones which can also affect growth and wellbeing.
- There is evidence to show that a quiet atmosphere can stabilize the heart and breathing rates of premature babies.
- Stress hormones in staff and parents are also elevated when noise is consistently high.

What happens at quiet time?

Quiet time is planned from 12.30pm – 2.30pm daily unless otherwise noted by the staff. During this time you are encouraged to spend time with your baby. This can be a good time for you to have some quality time with your baby and have skin to skin time or just quiet cuddles. (Non-essential chatting in the nursery should be kept to a whisper at this time). We suggest that you ask your visitors to avoid this special time. We recommend that this should be time just for you as parents, or parent and one other nominated visitor. Please feel free to discuss your individual needs with the nurse in charge.

What to expect from staff at quiet time?

During quiet time the blinds will be closed and the lights dimmed or turned off. Nursing staff will have planned routine cares for before and after this time and the medical staff will avoid unnecessary procedures at this point. The nursing staff will endeavour to cancel alarms as quickly as they can to avoid extra noise.

However, due to the nature of intensive care and unexpected admissions happening, there will be times where quiet time is postponed or suspended in order to prioritise and provide appropriate care in a nursery.

Please talk to your baby's nurse if you have any further questions.

You can also see http://www.bliss.org.uk for further support and information.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.
If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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