

Sleep is important to overall health, wellbeing and healing, however it's sometimes hard to have a good night's rest while in hospital.

To help patients have a comfy snooze, sleep packs comprising of an eye mask and ear plugs are now available for staff to distribute.

The pack also contains tips on how to relax, rest and get to sleep quickly and comfortably.

"I had a much improved sleep after putting in the ear plugs and wearing the face mask," said Pamela Collyer, an inpatient on A4 ward.

"They cut out the lights and the sounds of the ward so I can have a cozy and comfy sleep.

"They were so good I'm going to take them home and use them."

The sleep packs are a new initiative by the patient experience team, which were co-developed with undergraduate healthcare students from Bournemouth University.

Jenny Williams, head of patient experience, said: "The sleep packs are available to help our patients have a better night's sleep, improve their experience while in our care and to promote recovery.

"Better rested patients are likely to return home more quickly, which will also help the hospital's bed capacity."

"Staff also have an important part to play by following simple measures to aid sleep such as, dimming ward lights and reducing the volume of equipment alarms where possible, talking quietly, reducing ring volume on ward phones and coordinating all essential patient interruptions."