

Guidelines for Quiet Hour Visits

8 p.m. to 8 a.m.

Overnight Visitors

- Only one visitor may stay overnight.
- This must be the same visitor for the full duration of quiet hours.
- No swapping visitors, except in special circumstances discussed with your primary nurse.
- No in-and-out movement during the night unless discussed with nursing staff.

Where Visitors May Stay

- Overnight visitors must remain at the patient's bedside only.
- Lounges, hallways, waiting areas, and other hospital spaces cannot be used for sleeping.

Noise & Phone Use

- Keep voices low and lights dim.
- No music. No speakerphone use.
- Phones must remain on silent or vibrate to maintain a therapeutic and restful environment, and ensure other patients are not disturbed by visitors.

Chairs, Bedding & Comfort Items

- Pull-out chairs and recliners are available, please speak with your primary nurse.
- Visitors are asked to bring their own blankets or pillows.

Washroom Use

- Visitors may not use patient washrooms for infection prevention control reasons.
- Please use public washrooms near the cafeteria.
- Limit leaving the unit during quiet hours.

Food & Beverages

- Unit food, drinks, and supplies are for patients only.
- Visitors may bring their own food, snacks or beverages.

Respect for Care Delivery

Staff may provide care to patients overnight for safety and comfort. Please allow space and privacy when care is being delivered.

These guidelines are in place to help us maintain a peaceful and healing environment. Thank you for your support and understanding.