

# 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.*