



IWK Health

Sleeping at the IWK

Healthy sleep is important for mental and physical well-being. We know that it can be hard to sleep well in hospital, so here are some tips to help:

Try to follow your usual bedtime and morning routines

- Talk with your IWK healthcare providers about your child's usual bedtime routine, and how we can help you follow it as much as possible.
- Remember to prioritize your own sleep too. This is important for your health and can help you stay strong for your child.
- Think about how you usually unwind before bed. Try to do that or something similar, such as listening to music or reading a book.

Discuss nighttime healthcare

- Talk with us about how you want to be involved in your child's nighttime care.
- Ask us to tell you when we will need to enter your room during the night.

Get comfortable

- Bring your favourite items such as a pillow, blanket, or stuffed animal.
- Ask us, or access the [IWK Patient and Visitor Guide](#), to see what's available to you - such as play spaces, The Family Library, a prayer space, or kitchen.

Scan for the Patient and Visitor Guide:





Think about light and noise

- Get lots of light during the daytime to help you sleep at night.
- Try to avoid electronics like TV and your smartphone before bed.
- Dim the lights at least 1-hour before you/your child go to sleep. Ask us if you would like the hallway lights dimmed.
- Use headphones to lower noise while your child sleeps.
- Try using an eye mask, earplugs, or white noise at night.

Take care of your body and mind

- Try your best to move around during the daytime.
- Try your best to eat healthy meals and drink water throughout the day. This may require some planning with meal services and family members. Ask us if you need help.
- Try doing relaxing or distracting activities like colouring, calling friends and family, or puzzles.
- Being in hospital can be very hard emotionally. Let us know if you need help with anything.

Scan for information about the Pediatric Medical Unit:



This patient/family guide should not be used to replace advice from your health care provider(s).

If you or your child have regular sleeping problems, please tell a health care provider.

**Please, no scented products or fragrances at the IWK.*

IWK Developmental Pediatrics, Halifax, NS
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