



Quiet Time

Silent Hospitals Help Healing

Noise is not only an irritant; it also increases stress and anxiety and is an obstacle for rest and healing.

The Women's Department at Watertown Regional Medical center recognizes healing is achieved through quiet and rest. For this reason we have developed specific quiet times in the department to promote a restful environment for healing as well as mother baby bonding time.

We encourage all family members and visitors to leave during the quiet times so our patients' can take full benefit of Quiet Time. Family members and visitors are welcome to stay but will be expected to participate in Quiet Time.

Quiet time occurs each day from 2:30pm-4pm and 1am-4am at night.

During Quiet Time the following will occur:

- The lights will be dimmed; the volume on your TV will be lowered or turned off; your favorite relaxing music may be played quietly.
- The door to your room will be closed; if you have family members staying they must remain in the room once Quiet Time begins until the nurse announces Quiet Time is over.
- Your nurse or other hospital staff will not disturb you during Quiet Time, however, our nursing staff will always be available during Quiet Time to assist you with any of your needs or answer any questions.
- Quiet Time will be observed for mother/baby couplets, gynecological/surgical patients, and antepartum patients. Triage and labor patients will be cared for around the clock and the nursing staff will allow as much rest between cares and assessments as they deem appropriate.
- At the end of Quiet Time your nurse will enter your room and announce that Quiet Time is completed

If at any time during your stay you believe you could benefit from additional Quiet Time other than the prescribed times please ask the nursing staff to assist you.

Thank you for selecting Watertown Regional Medical Center and allowing us to care for you and your family during your stay.