## **Appendix 1 Information given to service users, carers and family**



**Information for Service Users, Carers & Family**

**What is Sleep Well?**

Sleep Well is currently a pilot study to look at the impact good sleep can have on wellness and recovery for service users on our inpatient wards.

During the pilot seven wards will take part, making efforts to provide and environment that is conducive to good sleep.

If selected for the pilot, inpatients will be exempt from hourly observations between midnight and 6am. Staff will make every effort to be as quiet as possible during this period and changes to the environment will be made to support sleep.

Sleep is absolutely vital for all brain function and disturbed sleep is a risk factor for depression. We recognise that our wards are not the best environment for getting good sleep. We want to address that through this pilot and hope you benefit from being part of it.

**Who Can Take Part?**

An assessment of every individual will take place within 72 hours of admission to the ward, current inpatients will be assessed in a timely manner once the pilot begins.

Individuals that are assessed as suitable will be given extra information about what participation entails.

Individuals that are exempted will be supported to seek the appropriate help, they will also be reassessed regularly for suitability to take part.

**What Happens Next?**

Your named nurse will talk you through being a Sleep Well participant.

Efforts will be made to make your room and immediate environment a better place to get good sleep.

Staff at night will make every effort not to disturb you between midnight and 6am, they will support others to do the same.

We would ask your family and carers not to contact you between midnight and 6am unless the contact cannot wait until morning.

You will hopefully feel the benefits of better sleep within a few days.