|  |  |
| --- | --- |
| **Patient** | **What do you like about protected sleep and SleepWell?** |
|  | Yes I think it has improved my mental health, but also think my medication may have helped this. I like that I am not watched overnight. |
|  | Protective sleep has improved my mental health. I’ve had assistance my mental health and physical health. I feel I am more rested on a morning now. |
|  | Best thing – night lights not being turned on, not opening the door window and not getting distracted or disturbed. I feel happier in the morning now. |
|  | I can sleep uninterrupted now and fall into a natural rhythm which gives me all the sleep I need. |
|  | I feel that I sleep more soundly now, I don’t worry about people looking in to my room on a night. I feel I have got better faster this time around. |
|  | I like having the protected sleep, it lets me wind down on a night time now. I feel more secure and happy. |
|  | Better than last admission |