

Yale
NewHaven
Health
Greenwich
Hospital

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Healing in Progress Quiet, please.

1 - 3 pm



Quiet Time at Greenwich Hospital

Our patients told us that they had too many interruptions during the day and not enough rest. We want you to know we listened. Science and research showed us that the level of noise in hospitals has doubled since the 1960s and the lack of rest interferes with healing, sleep and coping ability.

In maternity, between 1 and 3 pm every day, the lights will be dimmed, voices lowered and staff will only come into your room upon your request or for medical necessity. Nurses will ask about comfort and provide needed medications before 1 pm. Routine tests and procedures will occur before and after Quiet Time.

During this period, you will have two hours of uninterrupted time to sleep or rest, bond with your baby as new parents, or receive one-on-one support for newborn care or feeding.

We encourage you to tell your family and visitors about Quiet Time and ask them to visit before 1 pm or after 3 pm. We will be reminding visitors to respect Quiet Time and, like us, lower their voices and activity so as not to disturb our new parents who are resting.