

NICU Quiet time policy

What is quiet time?

Quiet time includes 3 important components

- **Quiet hour:** Minimum sound, less talking, lower voices and minimal noises from machines and alarms
- **Softer lights:** Lights will be dimmed and shades and curtains to be drawn
- **Less disruption:** Avoid procedures and handling the baby, do them before or after quiet time

Why is quiet time needed?

Research tells us that newborn babies especially preterm or sick babies need quiet and calm in the first few weeks after birth. Avoiding excessive stimulation helps their brain and bodies to grow.

What should parents do during quiet time?

- Learn the quiet time in your unit
- Plan your coming and going around the quiet time. If you are visiting your baby in the NICU, try to be inside the NICU 15 minutes before the quiet time starts and stay the whole duration inside the NICU. The unit will be calmer if less people are going in or out of the NICU.
- Spend the time resting quietly with your baby, using skin to skin contact, if allowed by the doctors and nurses
- Start Kangaroo Mother Care 15 minutes before the quiet time to allow rest and reduce interruptions for you and your baby
- Keep conversations to a minimum. Use hushed tone when you need to talk
- Turn off the music and phone's ringer during this period. Rest and enjoy this quiet time with your newborn

Benefits of quiet time

- Reduces stress in the babies, helping the baby to maintain a healthy blood pressure, breathing, oxygen levels, heart rate and other vital parameters
- Allows for quality and deeper sleep, which helps all babies grow and sick babies heal quicker
- Promotes self-quieting and sleeping patterns, and might also help reduce long-term attention difficulties
- Protects preterm babies' fragile hearing and promote healthy brain and sensory development

Summary

Quiet time decreases heart rate and improves breathing pattern by decreasing environmental stimuli (noise, light and handling), and is recommended for reducing stress in preterm babies.

Quiet time at Kangaroo Care

Quiet time at Kangaroo Care are 12pm-1pm and 3-4pm. It is strongly advised all healthcare professionals and parents adhere to these timings.

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