

- Provide uninterrupted sleep cycles (60 minutes for infants; 90 minutes for older children).
- Close and open drapes and dim lights to allow for day and night.
- Place curtain around bed for privacy.
- Orient child to day and time; have clocks or calendars in easy view for older children.

Schedule a time when child is left undisturbed (e.g., during naps, visit with family, playtime, or favorite program).

Provide opportunities for play.

Reduce stimulation in environment:

- Refrain from loud talking or laughing.
- Keep equipment noise to a minimum.
- Turn alarms as low as safely possible.
- Perform treatments requiring equipment at one time.
- Turn off bedside equipment that is not in use, such as suction and oxygen.
- Avoid loud, abrupt noises.

*See also [Box 19-7](#).