

# Quiet Hour for Newborns

## What is “Quiet Hour”?

Quiet Hour is part of the daily schedule in Intermountain NICUs (Neonatal Intensive Care Units) and other infant care areas. Many hospital units have their Quiet Hour in the afternoon, between about 4 and 5 PM, but it varies among units.

Quiet Hour allows your baby’s medical team to provide these important elements of good newborn care:

- **More quiet.** Providers will try to keep the unit as quiet as possible. There will be less talking, lower voices, and minimal noise from machines and alarms.
- **Softer light.** Lights will be dimmed and shades and curtains will be drawn.
- **Less disruption.** Providers will avoid doing procedures and checks on your baby and, when possible, fit them in before or after Quiet Hour.

## Why is Quiet Hour important?

Research tells us that new babies need quiet and calm in their first weeks of life, especially preterm or fragile newborns. We also know that less stimulation helps newborns’ brains and bodies develop. A daily Quiet Hour:

- Reduces babies’ stress levels, which helps maintain a healthy blood pressure, heart rate, breathing, oxygen levels, and other important processes
- Allows for more and better (deeper) sleep, which helps all babies grow and helps sick babies heal faster
- Promotes good self-quieting and sleeping patterns, and possibly helps prevent long-term attention difficulties
- Protects preterm babies’ fragile hearing and promotes healthy brain and sensory development



*Sssshhhh,  
it’s Quiet Hour.*

*Learn how Quiet Hour helps babies and how you can support this important part of good newborn care.*

Newborns aren’t the only ones who benefit from Quiet Hour. Whenever this daily practice is used, caregivers and parents report less stress and better communication within the unit. Everyone can focus better on the main goal – helping new babies grow and develop.

*See the next page of this handout for ideas about how you can support Quiet Hour in your baby’s care unit.*

## What can I do to support Quiet Hour?

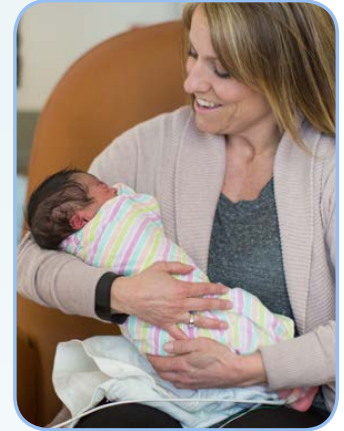
Quiet Hour is part of good care for your new baby as well as other babies in the unit. You can support Quiet Hour in these ways:

- **Learn when Quiet Hour happens in your baby's unit.** Look for a wall sign, or ask your baby's nurses.
- **Plan your comings and goings around Quiet Hour.** For example, if you're visiting your baby in the NICU, try to be in the unit 15 minutes before Quiet Hour starts and stay until the hour is over. Also, encourage visitors to come at times other than Quiet Hour. When fewer people are moving around, the unit will be calmer during this time.
- **Spend the hour resting quietly with your baby,** using skin-to-skin contact (if the nurse says it's okay for your baby). Try to be positioned holding your baby 15 minutes before Quiet Hour begins. That will ensure that you and your baby get a full 60 minutes of restful and uninterrupted time together.
- **Keep conversation to a minimum.** Use hushed tones when you need to talk.
- **Turn off the television and your phone's ringer.** Rest and enjoy this quiet time with your new baby.

*"As a parent with a baby in the NICU, coming into this whole experience was a very stressful and discouraging time.*

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*So every day I looked forward to Quiet Hour. I looked forward to that time where it was quiet and there were hushed tones and dim lights and I knew it was a time that we could save our conversations for a later time.*



*Looking back on this whole experience and as a parent, I can definitely say that Quiet Hour and the consistency of it every single day was one of the key factors in getting him healed and getting him grown to the size that he needed to be. It was the biggest factor in getting us home."*

*— former NICU parent,  
talking about Quiet Hour*

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