



## Advocating for a sleep-friendly hospital status

We welcome the call by Diane Lim and colleagues<sup>1</sup> to promote sleep health in public health agendas globally and strongly support their excellent and comprehensive range of recommendations. As a group of multidisciplinary paediatric professionals, we want to advocate for policies to support sleep in hospitals. Despite hospitals being centres for healing and recovery, one of the most fundamental strategies to achieve these aims—sleep—is typically not included as part of any treatment plan. Numerous studies have shown that environmental, institutional, and care provider factors disrupt inpatient sleep.<sup>2-4</sup> Although awareness of these issues is growing, there appears to be little motivation to introduce the necessary changes that will lead to substantial, sustainable improvements.

We call on WHO and UNICEF to back a “sleep-friendly” hospital status<sup>5</sup> to lead to a quantum shift in sleep opportunities for inpatients, and their often coresident carers, in hospitals worldwide. By optimising sleep in hospital, recovery times could be shorter, longer-term outcomes improved, and there could be tangible economic, physical, and mental health benefits. To achieve sleep-friendly status, clear policies or standards are required. These should include how to protect and optimise hospital staff’s sleep. Better sleep among health-care providers reduces errors and burnout and potentially improves staff retention.<sup>6</sup> Finally, contact with hospitals should be seen as an important opportunity to educate and model good sleep behaviours and to screen for healthy sleep and sleep disorders in as routine a way as we measure weight—including plotting hours of sleep against expected centiles for age.

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