

## H.U.S.H. Help Us Support Healing

Please help by keeping your voices down and silencing your cell phone.

## **Quiet Hours:** 9:00 PM - 7:00 AM





## HELP US SUPPORT HEALING

We are committed to the knowledge that rest is a key element in healing.

Please respest our restful, healing environment by following these tips, especially between the hours of 9pm and 7am:

- Use a headset when watching TV. The staff will be happy to give you one.
- Use soft voices when you and your visitors are talking.
- Use a soft voice when talking on the phone.
- Let the staff know if the noise level in your room is too loud.

If you have questions or concerns, please contact any member of your care team.