

HINTS FOR NIGHT NURSES.

WITH most private nurses one of the difficult problems is how to sleep well and regularly when on night duty. How often one has gone back, perhaps, to very anxious work, after tossing restlessly about or lying with mind "all on the go," without a wink of good sound sleep. This is bad enough when it is occasional, but with light sleepers, as nurses often are, it becomes a habit. The writer speaks of what she has known, and having found a remedy, wishes to share it with others—those who may not have thought of it.

When trying to sleep in the day it is usual to make the room as dark as possible, so the poor soul has practically two nights. Then to shut out sounds which annoy shawls or bed-clothes are put over the head, cotton-wool in ears, etc., and yet the vibrations are felt and prevent sleep. Discard these methods; if possible sleep in a sunny room, open your window wide at the bottom have a dark blind or casement curtains over the upper part, pull your bed *quite* near the window; sunlight and fresh air will generally do the rest. Should the wind be cold wear a motor scarf or warm wrap round your head have plenty of bed-clothes and a hot-water bottle. Warmth is essential, and a fire is a great help in winter, and it is very good to have a hot meal of some sort after one is in bed. With open window one hears outside sounds to which it is much easier to get accustomed, and those in the house which are so irritating are scarcely heard at all. Someone should be responsible for calling the nurse, so that she may sleep on unworried, and not have to wake to look at her clock or start up in terror of having overslept to find she has several hours more to lie.

Another important item is to go to bed at a regular hour, and settle down to sleep just as one does at night. It does not do to begin an exciting book or "a little bit of work to make one sleepy." As a rule one "wakes up," and finds, too late, that sleep has gone, not to return until getting up time! Of course these hints are not infallible, and do not answer every day alike, but they have been well tried and found to help greatly, and as aids they are offered for the consideration of those whom they concern.—H. L. in the "*Nursing Times*."

NOTICE

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