



## Clinical Interventions to Decrease Noise in the NICU

Intervention	Rationale
Cover the isolette with a blanket, quilt or isolette cover 1/4 inch or greater in thickness.	This has been shown to effectively attenuate sound transmitted to the infant
Respond to the alarms within 30 seconds.	Alarms can create spontaneous bursts of noise up to 120 dB.
Respond within 30 seconds to a crying infant.	A crying infant in an open bed creates undue stress and noise for the infant and the infants near him or her.
Suspend alarms when providing interventions that will cause the equipment to alarm.	Eliminates unnecessary alarms and decreases sudden loud bursts of noise.
Conduct conversations away from the bedside.	Decreases decibel level at the bedside.
Minimize opening and closing of isolette doors. Depress the latch before closing the portholes.	Decreases noise transmitted directly to the baby.
Provide low lighting with signs "I am sleeping" or Quiet please	Low lighting encourages quieter conversation.
Remove water bubbling in oxygen and ventilator tubing	Water buildup echoes directly to the infant via the tubing
Talk in a quiet (movie theater or library voice) and be a role model.	Coworkers, peers and parents will follow a good example.
Maintain Quiet Hour	Provision of quiet uninterrupted time has been shown to decrease apneas and bradycardias in preterm infants