Your Menu of Personal Comfort Items

# Sleep



* Warm bath or shower
* Essential oil
* Darkness
* Night light
* Quiet
* Music
* No interruptions
* Herbal tea (resident supplied)
* Snack or sandwich
* Massage (as stafng permits)
* Television
* Sound machine (if available)

# Relaxation

* Soothing sounds recording (if available)
* Stress ball
* Aromatherapy

# Entertainment

* Adult coloring book
* Book (large print, audio)
* Magazine
* Deck of cards
* Reading visit
* Talking visit

# Feeling Better

* Shampoo
* Scalp massage
* Toothbrush and foss
* Mouthwash
* Prayer (with willing staf member)
* Meditation
* Deep breathing
* Guided imagery
* Sunshine
* Chocolate
* Walking in the hallway
* Gentle stretching

# Comfort

* Warm blanket
* Warm washcloth
* Extra pillows
* Ice pack
* Hand massage
* Neck pillow
* Temperature adjustment
* Lotion
* Lip balm
* Repositioning
* Straightening bed linens