

# End Pyjama Paralysis

Information for patients and families  
about the #endpjparalysis project



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## KEY POINTS:

- For people over 80 years old, one week of bed rest can result in **10% muscle loss**
- Loss of strength can make the **difference between dependence and independence**

## What is Pyjama Paralysis?

Pyjama Paralysis is a loss of strength and function caused by long periods of bed rest.

Not getting dressed into day clothes can make you feel like you should stay in bed all day and not actively take part in recovery programs. This can lead to longer hospital stays and significantly lower your mobility after your operation.

## How to stop Pyjama Paralysis

If you get up and get dressed into your day clothes you are more likely to walk around, feel confident and restore your sense of self.

If you did not bring comfortable, loose fitting day clothes and non-slip footwear with you, ask family or a friend to bring some to hospital.

**If you get up, get dressed and get moving you will have less risk of:**

- Loss of mobility
- Loss of balance
- Loss of strength

AND you are more likely to get home sooner.

## What if I don't understand?

Let our staff know that you would like more information.

You can also ask your health care team to explain things in a different way to help you understand.

Let's get up

Let's get dressed

Let's get moving