

**Rated Good by the Care Quality Commission**

Good in all five key questions · CQC report, June 2026

OVERNIGHT CARE · NORTH & CENTRAL LONDON

Overnight Care

Reassurance through the night.

Night-time can be when people feel most vulnerable — and when families worry most. Overnight care means someone trusted is in the home from evening until morning.

Help from bedtime to breakfast.

An overnight carer arrives in the evening, helps with the bedtime routine, stays through the night and helps the person start the next morning.

There are two types of overnight care — sleeping nights and waking nights. The right one depends on how often help is needed, and we'll recommend an option after a free assessment.



Who it may help

- ✓ People who wake often or feel unsettled at night
- ✓ Someone who needs help getting to the bathroom safely
- ✓ People settling back home after a hospital stay
- ✓ People living with dementia whose nights are restless
- ✓ Family carers who need an unbroken night's sleep

GOOD TO KNOW

A sleeping night means sleep

On a sleeping night the carer sleeps in a separate room and can be woken occasionally. They are not awake throughout the night. If help is needed more than once or twice, a waking night is usually more suitable.

The main benefits

Settled nights

A calm presence if someone wakes feeling anxious or confused.

Steadier movement

A steady arm on trips to the bathroom in the dark.

Rest for families

Relatives can sleep, knowing someone is there.

The right kind of night, for each person.

Overnight support is agreed in the care plan and depends on whether a sleeping or waking night has been arranged.

Bedtime routine
Getting washed, changed and comfortable – at the time the person prefers.

Toileting & continence
Help getting to the bathroom safely, or with continence care.

Repositioning
Turning in bed to stay comfortable, where this is part of the plan.

Reassurance
Calm company and conversation if someone wakes frequently.

Morning start
Help getting up and ready, so the day begins well.

With daytime visits
Overnight care can be planned alongside daytime visits in one care plan.

01
Familiar carers
Where possible, the same carers support both evenings and mornings, so faces stay familiar.

02
Families reassured
With permission, authorised relatives of private clients can read night notes in the Birdie family app.

03
On-call support
Our phone line reaches an out-of-hours on-call team, and managers review how nights are going.

Sleeping night or waking night?		
Where assessed needs require two carers overnight, this can be discussed, subject to staffing.		
AT A GLANCE	SLEEPING NIGHT	WAKING NIGHT
Is the carer awake?	Asleep for most of the night	Awake throughout the night
Help in the night	Occasional – once or twice	As often as needed
Where the carer rests	A bed in a separate room	Seated nearby, where practical
Typical situation	Reassurance and the odd trip to the bathroom	Regular repositioning, toileting or restlessness



TAKING THE NEXT STEP

Getting the night right.

Tell us what nights are like at the moment. We'll explain the options honestly and recommend what would genuinely help.

Step 1

Talk to us

Tell us what nights are like and what worries you most.

Step 2

Free assessment

We look at night-time needs, risks and the home set-up.

Step 3

Recommendation

We advise sleeping or waking nights and agree a care plan.

Step 4

Review

We check how nights are going and adjust if needs change.

ARRANGE A FREE CARE ASSESSMENT

020 3876 7833

hedgerowhomecare.com/overnight-care-north-london

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Care assessments are free and carry no obligation. All care is subject to assessment and availability. Our telephone line connects to an out-of-hours on-call team; the office itself is not staffed around the clock.