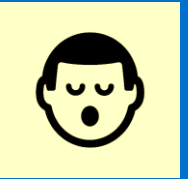




STARTING RESIDENCY & GETTING ENOUGH SLEEP

THE FACTS & THE MYTHS



It takes only a "4-second" lapse in attention to make a mistake

Did you know.....

21 hours awake = blood alcohol level 0.08% (legal limit for driving)



- ✓ You need 7-8 hours of sleep
- ✓ You do NOT get used to sleeping less during your residency
- ✓ Residents get ~2 hours less sleep
- ✓ **Sleep deprivation leads to poor judgement, poor motor skills, and workplace injuries**

Did you know.....

Not getting enough sleep can cause poor food choices and weight gain



- ✓ Sleep deprivation can also cause substance abuse, depression, and impaired immune function
- ✓ **Ask about "alertness-management strategies" and "strategic naps"**
- ✓ Bright light and caffeine early on during call night

Did you know.....

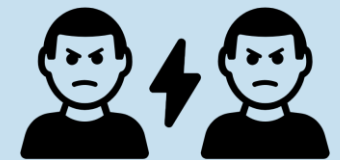
It is not normal to fall asleep during conferences!



- ✓ Pay back "sleep debt" quickly
- ✓ **Additional 3-4 sleep hours on the weekend and 1-2 hours/night the following week until debt repaid**
- ✓ Turn off your cell phone/pager when catching up on sleep

Did you know.....

You are the worst judge of your sleepiness and alertness



Warning signs of sleepiness

- ✓ Inability to perform usual activities quickly
- ✓ Dozing off while writing notes/orders
- ✓ Repeatedly checking your work
- ✓ Feeling like you really just don't care