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

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