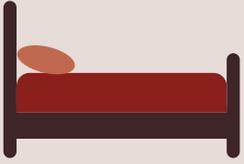


Sleep and the Medical Trainee



Studies have shown that sleep disturbances are common among medical students and higher compared to non-medical students and the general population. Yet sleep education is not routinely taught or addressed.

Why does it matter?

- Sleep enhances cognitive processes
- Sleep disruption impairs learning ability
- Sleep quality has been shown to correlate with academic scores
- Lack of sleep increases negative moods

Poor sleep has been associated with decreased...

- Emotional intelligence
- Ability to show empathy
- Stress management skills
- Behavioral coping

Poor sleep increases the risk of...

- Substance abuse
- Psychiatric illnesses
- Injury and accidents

While more studies are needed to fully establish causation, advocating for better sleep habits will likely **improve the well-being and mental health of medical trainees**. Healthcare practitioners are among the top 5 occupation groups with the highest prevalences of short sleep duration (<7 hours), so early intervention will help establish lifelong habits that will improve the overall *quality of life for physicians and the care of patients they serve*.



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