Tired & Sleepy? Here’s What to Do ...

Sleep deprivation and fatigue interfere with concentration, cognition, fine motor tasks and decision-making. It potentially can impact patient safety, as well as safety of resident physicians, especially when driving while drowsy.

At Hurley, resident physicians complete an online educational module each year on this topic and likely attend a lecture on the subject. But here are a few key points to remember in the meantime.

**Signs of Sleep Deprivation and Fatigue**
- Difficulty keeping eyes open
- Nodding
- Yawning repeatedly

**Signs While Driving**
- All of the above
- Trouble focusing on road
- Drifting lanes, missing exits
- Don’t remember driving past few miles
- Closing eyes at stoplights

**What to Do if Drowsy but Need to Drive**
- Don’t drive.
- Find alternative (take cab; call friend).
- Use GME nap room in Phil Dutcher Center (separate male, female rooms).
- If post-call, take 20-minute nap & drink cup of coffee before leaving for home.
- Pull over at safe place; take short nap.
- If you notice signs of sleepiness, stop driving.

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**Healthy Sleep Habits**
The best way to stay safe and keep your patients safe is to prevent fatigue and sleep deprivation. Since physician training sometimes requires inconsistent schedules and long hours, it’s important to follow these sleep promotion guidelines when possible:

- Go to bed and get up at same time.
- Develop a pre-sleep routine.
- Use relaxation to help you fall asleep.
- Protect your sleep time.
- Avoid going to bed hungry.
- Get regular exercise.
- Ensure that sleeping environment is:
  - Cooler in temperature
  - Dark (use shades)
  - Quiet (use ear plugs)

Source: American Academy of Sleep Medicine

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A 4-SECOND LAPSE IN ATTENTION CAN CAUSE A DROWSY-DRIVING CRASH.

Source: American Academy of Sleep Medicine
Hurley Medical Center strives to promote a positive educational environment for our residency training programs. As part of this environment, resident physicians can express problems, opinions and concerns without fear of intimidation or retaliation.

**What Factors Can Impact the Educational Environment?**

Many factors contribute to a positive educational environment—and many factors can get in the way. The teacher-trainee dynamic itself can be a barrier, as constructive feedback itself can produce anxiety; yet it is a necessary part of education.

The style of feedback also can be disconcerting, as people from various backgrounds may have vastly different expectations—and individuals may have a personal preference for feedback that differs from others.

Underlying all of this are race, culture, religion, national and ethnic origins, gender, sexual orientation and differences in opinion, personalities, and family background.

**What is Okay and What is Not?**

**NORMAL:** Evaluations with constructive feedback and direction to improve are normal and productive. Residents should expect and, indeed, request such feedback, though it may not feel comfortable to receive it.

**NOT OKAY:** Verbal sarcasm, ridicule, physical contact, threats of violence, influence of fear, and abusive language. Further, behaviors that affect patient safety and patient care are not acceptable, even if they do not affect a resident personally.

Consider talking to someone about questionable behaviors.

**Ways to Raise Concerns.**

**Talk to:**

1. Colleague or Peer
2. Chief Resident
3. Mentor
4. Program Director
5. Associate Program Director
6. Teaching Faculty, Your Program
7. Program Director, Another Program
8. Comment Box, Resident Lounge
9. Academic Officer 810.262.9319
10. Resident Physician Well Being Committee Faculty Advisor 810.972.0475 (Pager)
11. Chair of Department
12. House Staff Association President
13. Chief Medical Officer 810.262.9237
14. Chief of Staff 810.262.9239
15. Administrator of Cultural Diversity, EEO
16. Executive Vice President and General Counsel 810.262.9045
17. Senior Vice President for Human Resources 810.262.9067
18. Labor Relations 810.262.9960
19. Corporate Compliance Officer 810.262.9045
20. Corporate Compliance Hotline 888.800.6905
21. Resident Physician Assistance Program 810.262.9603

For more details, see Bulletin No. D16, D19 and 0011 of Hurley Standard Practices.

**Interpreting, Discussing and Reporting Comments or Actions**

If a questionable comment or action occurs, you have many options (see chart at left). You may want to seek help to interpret and define the action. A colleague or mentor may be helpful in this situation.

Or perhaps you’d like to discuss the issue in greater depth. A mentor, program director or other faculty member may be helpful, but you can turn to anyone in the chart at left for help.

Finally, if you’d like to file a formal complaint, you should talk to your program director or the director of a program not associated with your own residency—or talk to the academic officer.

If you’d like to report behavior that doesn’t affect you personally but may affect patient care, you may want to contact the Resident Physician Assistance Program (also in chart at left). If the behavior or condition requires immediate attention, report it to your chief resident, attending physician, or program director immediately.

**Questions?**

Contact the Graduate Medical Education office at 10W, One Hurley Plaza, Flint, MI 48503. Call 810.262.9319 or email jbutera1@hurleymc.com.