

YOU ARE **NOT** A SUPERHERO

YOUR PATIENTS NEED YOU RESTED



BREAKS ARE THERE TO PROTECT OUR PATIENTS

It is not possible to sustain optimal function and performance over the whole shift



ASKING YOU TO WORK AT NIGHT COMES WITH RISKS WE MUST ALL UNDERSTAND

We are not evolved to be awake and alert through the night. When we work against that there are immediate and long-term consequences for us and our patients

WHAT CAN YOU DO? *



- Take your breaks
- Improve your core sleep
- Simple changes can make big differences
- Try a "screen ban" an hour before sleep
- Use caffeine with caution

WHAT CAN THE HOSPITAL DO? *



- Recognise that tired staff are not safe
- Promote a rest and wellbeing culture
- Provide clean and comfortable break facilities
- Provide adequate rest facilities for night shifts

REMEMBER YOUR RIGHTS **



Doctors in training are entitled to a second 30min break for any shift >9h. No break should be taken within the first hour or the end of the shift. If breaks are being missed these should be Exception Reported. A 15-20 min power nap on nights is well within your rights!

Emergency Medicine Trainees' Association

* more info: emtraineesassociation.co.uk/rest

**Terms and Conditions of Service for NHS Doctors and Dentists in Training (England) 2016

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