Sleep deprivation
Privation de sommeil

Tarek Zieneldien,[1] Janice Kim[2]

[1]Johns Hopkins University School of Medicine, Maryland, USA; [2]Michigan State University College of Osteopathic Medicine, Michigan, USA
Correspondence to: Tarek Zieneldien; email: Zieneldient1@gmail.com

Growing up, we often heard from our loved ones and doctors about the importance of getting a good night's sleep. Indeed, sleep is a biological necessity, with substantial research demonstrating that sleep disturbances have an influence on cognitive performance, physical health, and mental health.[1] As medical students, we begin our journey into the world of medicine by attending medical school and completing rotations in the hospital. However, in this pursuit of knowledge, which sometimes involves an overwhelming amount of coursework, students often pay the price by losing sleep and battling constant fatigue. Students sometimes feel the need to finish "all-nighters" before exams, relying heavily on caffeine. The academic pressure to excel in courses and the constant influx of new information create a cycle of stress and inadequate sleeping habits that is common among many medical students. This is especially worrisome considering that there is evidence suggesting that sleep deprivation, clinician health, and burnout are intertwined.[2] "Sleep deprivation" represents the reality of many medical students who are battling constant fatigue. Since impairment in sleep quality has been shown to affect academic performance and emotional well-being, we wanted to create this piece to raise awareness of this systemic issue. This will ensure that as future physicians, we are better able to effectively serve those around us, thereby helping improve patient outcomes.

Media

"Sleep deprivation" was created by Midjourney, a generative artificial intelligence software. The subject demonstrated in the image is fictional and does not depict a real person.

Conflicts of Interest: None
Funding: None
Edited by: Marcel D'Eon (editor-in-chief)

References

1. Irwin MR: Why sleep is important for health: a psychoneuroimmunology perspective. *Annu Rev Psychol*. 2015, 66:143-172. https://doi.org/10.1146/annurev-psych-010213-115205
2. Stewart NH, Arora VM: The Impact of Sleep and Circadian Disorders on Physician Burnout. Chest. 2019, 156:1022-1030. https://doi.org/10.1016/j.chest.2019.07.008