

## **Sleep loss and performance in residents and nonphysicians: a meta-analytic examination.**

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Philibert I. Sleep loss and performance in residents and nonphysicians: a meta-analytic examination. *Sleep*. 2005;28(11):1392-402.

<https://psnet.ahrq.gov/issue/sleep-loss-and-performance-residents-and-nonphysicians-meta-analytic-examination>

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The author, from the Accreditation Council for Graduate Medical Education, reviewed sleep loss studies conducted from 1971 to the present and concludes that current [work limits](#) may not be completely effective in preventing cognitive impairment due to sleep deprivation.