

## Association of sleep and fatigue with decision regret among critical care nurses.

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[Sleep deprivation](#) can worsen clinical performance. Early studies on the effects of fatigue in [clinical trainees](#) formed some of the basis behind [duty hour restrictions](#) for resident physicians. This study surveyed intensive care unit (ICU) nurses about levels of fatigue and clinical decision-making. Nurses who regretted a clinical decision were more apt to be fatigued and to work 12-hour shifts. Sleep deprivation among ICU nurses was found to be common, with almost three-quarters of surveyed nurses having lost 8 or more hours of sleep in a 5-day period. The study was limited by a very low (17%) response rate, potentially biasing the results. Prior research has linked extended nursing [shift lengths](#) with compromised patient safety.