

Effects on resident work hours, sleep duration and work experience in a Randomized Order Safety Trial Evaluating Resident-physician Schedules (ROSTERS).

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Barger LK, Sullivan JP, Blackwell T, et al. Effects on resident work hours, sleep duration, and work experience in a randomized order safety trial evaluating resident-physician schedules (ROSTERS). *Sleep*. 2019;42(8). doi:10.1093/sleep/zsz110.

<https://psnet.ahrq.gov/issue/effects-resident-work-hours-sleep-duration-and-work-experience-randomized-order-safety-trial>

In this clustered-randomized trial across six academic medical centers, researchers examined the impact of [resident shift duration](#) on hours [slept](#) and worked per week during pediatric intensive care unit rotations. They found that residents assigned to extended duration shifts lasting 24 hours or longer worked more hours per week and slept fewer hours per week compared to residents assigned to work shifts lasting 16 hours or shorter.