

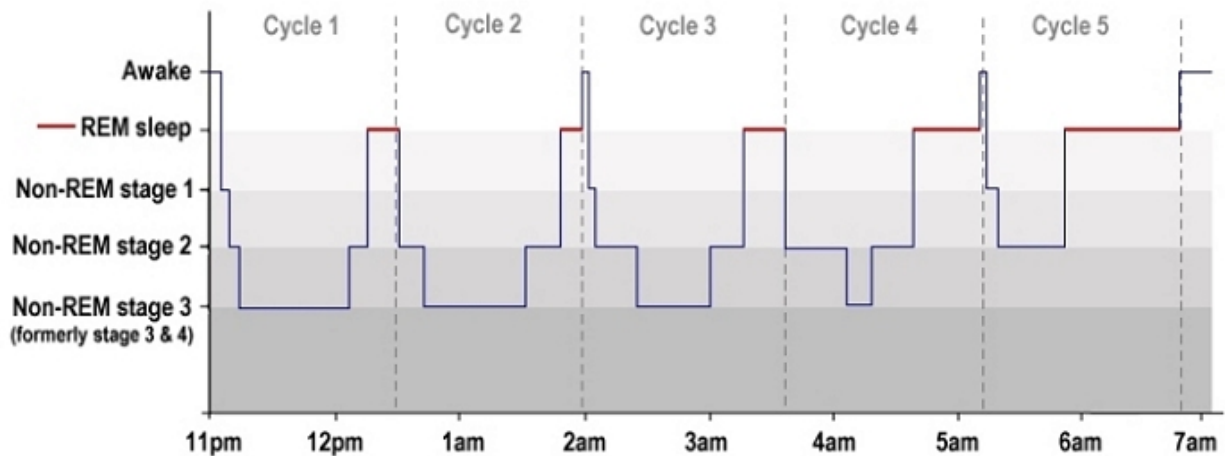
Strategic Sleeping for the Emergency Physician

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Optimal Sleep Environment: Dark Quiet Cool (68°F) Comfortable Alcohol-free

The Sleep Cycle



<https://www.howstosleepworks.com/images/hypnogram.jpg>

Sleep Inertia

- Drowsiness, disorientation, and decreased cognition immediately after awakening
- Lasts several minutes to several hours
- Awakening during Stage 3 (deep sleep) = MORE sleep inertia
- Awakening during Stage 1 or 2 (light sleep) = LESS sleep inertia

The Power Nap

- **10 to 30 minutes long**
- Goal is to awaken before going into deep sleep

The Longer Power Nap

- **90 to 120 minutes long**
- First NREM-REM cycle lasts 70-100 minutes
- More variability among individuals and on different days

The “Caffeine Nap”

- Drink caffeine immediately before a power nap
- Enteral absorption of caffeine takes 15-30 minutes
- Feel both caffeine effect and restorative benefits from nap upon awakening

Strategies for Overnight Shifts

- Splitting a night’s sleep: Sleep 3-4 hours before and 3-4 hours after an overnight shift
- Napping before shift
 - 10-30 minute power nap right before shift start
 - Alternatively, longer nap while accounting for sleep inertia
- If feasible and allowed, consider napping during shift