

RESOLUTION 8 - Promoting Sleep among Medical Trainees

Resolution: Adoption of the Position Paper *Promoting Sleep Among Medical Trainees*

Whereas sleep deprivation is pervasive throughout medical training.

Whereas proper sleep is a biological necessity and that there are both short and long-term consequences of sleep deprivation with consequences that affect both the mental and physical well-being of medical learners and raise concerns for the safety of patients who are being cared for by sleep-deprived students.

Whereas recent efforts have begun to address working hours during training.

Be it resolved that the Canadian Federation of Medical Students (CFMS) adopt the position paper titled *Promoting Sleep Among Medical Trainees*.

Financial cost:

There is no associated financial cost to the adoption of this position paper.

Source of funding:

No source of funding is required because there is no associated financial cost.

Level of Effort of Volunteers/Staff:

The level of effort on the behalf of the CFMS and its representatives will involve future advocacy efforts to support the recommendations as advised in the position paper.

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