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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