

Earn Money Sleeping: Sleep Loss & Fatigue in EMS

Amy Eisenhauer

EMT

Montclair (NJ) Ambulance Unit

Amy Eisenhauer is a dynamic presenter at EMS conferences nationwide, raising awareness on topics such as provider suicide, response to hoarding events, and career development for EMS professionals. She has served the New Jersey Emergency Medical Services community as a volunteer and career provider since 1995. Amy is a contributing author for EMS World magazine and also hosts an interactive blog on EMS at TheEMSsiren.com, committed to improving the EMS community as a whole.

Fatigue and poor sleep hygiene are so commonplace in EMS that we accept it as the norm. Increased public awareness of fatigue related accidents, medical errors, and first responder mental health, challenges providers and leaders to examine the priority of sleep in their lives and agencies. Amy will discuss the importance of quality and quantity of sleep, related physical and mental comorbidities of poor sleep hygiene, and tools for providers to improve their sleep methods and environment.

Presentation Outline:

1. Info on role of sleep in mental/ physical wellness
 - a. Physiological aspect
 - b. Quantity, Quality
2. Define problem of fatigue in EMS
 - a. Errors/ Accidents
 - b. Mental/ Physical wellness
3. Public Perceptions
4. Tools to Improve Sleep
 - a. Methods
 - b. Sleep Environment

Objective 1: Relate quantity and quality of sleep to potential comorbid diseases and disorders.

Objective 2: Understand relationship between fatigue and negative on the job repercussions such as traffic accidents and clinical errors.

Objective 3: Employ tools personally and professionally to improve quantity and quality of sleep to counter fatigue and disease.