

Lack of sleep affects mood, cognition in anesthesiologists

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(HealthDay)—Partial sleep deprivation following a night-call shift affects anesthesiologists' total mood status and their cognitive skills, according to a study published in the January issue of *Pediatric Anesthesia*.

Haleh Saadat, M.D., from Nationwide Children's Hospital in Columbus, Ohio, and colleagues evaluated the impact of partial [sleep deprivation](#) after a 17-hour overnight call (3 p.m. to 7 a.m.) on the [mood](#) status and [cognitive skills](#) of 21 pediatric anesthesiologists in an academic clinical hospital setting, compared to when working regular hours. The Profile of Mood States was used to assess six mood states between 7 a.m. and 8 a.m., with a total score providing a global estimate of affective state.

The researchers found that tension, anger, fatigue, confusion, Total

Mood Disturbance score, irritability, feeling jittery, and sleepiness were significantly affected (P

"Such observations suggest that there may be changes that impact the safety of our patients and the quality of health care that is provided," the authors write.

More information: [Abstract](#)
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