

INPLASY PROTOCOL

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Corresponding author:
Henrik Lauer

hlauer@bgu-tuebingen.de

Author Affiliation:
Department of Hand-, Plastic,
Reconstructive and Burn
Surgery, BG Unfallklinik
Tuebingen, University of
Tuebingen.

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None declared.

Insomnia? - A systematic review and comparison of medical resident's average off-call sleep times

Ardizzone, E¹; Lerchbaumer, E²; Heinzl, JC³; Winter, N⁴;
Kolbensschlag, J⁵; Daigeler, A⁶; Prahm, C⁷; Lauer, H⁸.

Review question / Objective: To compare medical doctors'
mean off-call sleep times.

Condition being studied: Medical doctors' mean off-call sleep
times.

Strategy of data synthesis: The PRISMA (Preferred Reporting
Items for Systematic Reviews and Meta-Analyses) guidelines
for systematic review and meta-analysis were followed
(Citation PRISMA). This review's protocol was registered with
the International Platform of Registered Systematic Review
and Meta-Analysis Protocols (INPLASY) on the 15th of
November 2022 and was last updated on 29th of November
2022 (Registration number: INPLASY 202270074). In
accordance with the PRISMA guidelines, we aimed to
summarize the average sleep times of medical residents and
compare and contrast the mean amount of sleep achieved in
regard to the respective medical specialties

INPLASY registration number: This protocol was registered with
the International Platform of Registered Systematic Review and
Meta-Analysis Protocols (INPLASY) on 22 January 2023 and was
last updated on 22 January 2023 (registration number
INPLASY202310071).

INTRODUCTION

Review question / Objective: To compare
medical doctors' mean off-call sleep times.

Condition being studied: Medical doctors'
mean off-call sleep times.

METHODS

Participant or population: Doctors,
specifically residents.

Intervention: No intervention is studied.

Comparator: Not applicable.

Author 7 - Cosima Prahm.
Author 8 - Henrik Lauer.

Study designs to be included: Original Articles.

Eligibility criteria: Not applicable.

Information sources: Pubmed.

Main outcome(s): Medical doctors' mean off-call sleep times.

Quality assessment / Risk of bias analysis: Not applicable.

Strategy of data synthesis: The PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines for systematic review and meta-analysis were followed (Citation PRISMA). This review's protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on the 15th of November 2022 and was last updated on 29th of November 2022 (Registration number: INPLASY 202270074). In accordance with the PRISMA guidelines, we aimed to summarize the average sleep times of medical residents and compare and contrast the mean amount of sleep achieved in regard to the respective medical specialties.

Subgroup analysis: Papers stemming from the US will be analyzed by means of a subgroup analysis.

Sensitivity analysis: Not applicable.

Language restriction: English.

Country(ies) involved: Germany.

Keywords: sleep; sleep deprivation; systematic review; residency; sleep times.

Contributions of each author:

Author 1 - Eve Ardizzone.

Author 2 - Emily Lerchbaumer.

Author 3 - Johannes Heinzl.

Author 4 - Natalie Winter.

Author 5 - Jonas Kolbenschlag.

Author 6 - Adrien Daigeler.