



The Royal College of Emergency Medicine

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Dear Colleague,

Thank you for supporting the EMTA and RCEM Campaign on Rest and Sleep in Emergency Medicine.

We ask you to please read the 'campaign explainer' enclosed and would urge you to visit www.emtraineeassociation.co.uk/rest for key resources and further information on the evidence behind the campaign and associated work.

Our breaks and rest are there to protect us and our patients. It is imperative that we recognise the impact of our working and sleeping patterns on our own health and our ability to perform at our best when caring for patients. This is both an individual and an organisational responsibility and must be recognised with the importance it deserves.

These posters are a chance to change the language and culture surrounding sleep and rest - please use them as such. They are designed to be displayed in common staff areas; changing rooms, the back of the toilet doors, staff rooms, the rota coordinator and Medical Director's office and anywhere you feel they will receive the most valuable impact. Use them as an opportunity to start having the conversation in your department about how we look after our colleagues and ourselves and please do visit the website for more practical tips on improving sleep, providing break and rest facilities and recognising fatigue.

Our daily pressures are mounting, how we respond to them is up to us - looking after ourselves is a responsibility we all share.

Dr Amar Mashru
Campaign Lead, EMTA

Dr Paul Stewart
EMTA President

Dr Taj Hassan
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EMERGENCY MEDICINE TRAINEES' ASSOCIATION

Excellence in Emergency Care