

# A DAY IN THE LIFE



**FRANCESCO CARONES** | MD



## SLEEP PER NIGHT

I get about **7 hours** of sleep per night



## WAKE UP!

Between **5 and 6 am**



## BREAKFAST?

**Yes**, I eat breakfast every day, but I don't have a typical one. It may vary from **prosciutto crudo** to **hummus**—never sweet items



## TIME COMMUTING

My average commute time is **30 to 60 minutes** on **foot**



## LUNCH BREAK?

**No**, I usually skip lunch

## WEEKLY WORK SCHEDULE

My schedule is usually **Monday through Friday, 9 am to 6 pm**

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## EXERCISE REGULARLY?

**Yes**, I try to workout **3 to 5 times a week**



Want to learn more? Log onto Eyetube's "Day in the Life" page for video highlights:  
[eyetube.net/series/day-in-the-life](http://eyetube.net/series/day-in-the-life)



**FAMILY TIME PER DAY**

I get about **2 to 3 hours** of family time per day



**TYPICAL BEDTIME**

Between **10 and 11 pm**



**LIGHTS OUT!**



**DAILY DOWNTIME**

On any given day, I get **1 hour or less** of downtime and I prefer to spend it **catching up on my email**



**TELL US SOME MORE!**

**WHAT IS THE MOST REWARDING PART OF YOUR JOB?**

I enjoy seeing **my patients' satisfaction** after surgery

**WHAT IS THE BIGGEST COMPLAINT YOU HAVE ABOUT YOUR JOB?**

I don't care for the **routine of consultations** with patients

**WHAT GETS YOU THROUGH A BUSY DAY?**

The idea of **going home to my family**

**WHEN YOU ARE NOT WORKING, WHAT CAN SOMEONE FIND YOU DOING?**

**Taking care** of my children

**Francesco Carones, MD**

- Medical Director, Carones Ophthalmology Center, Milan, Italy
- Member, CRST Europe Editorial Board
- fcarones@carones.com