

# A DAY IN THE LIFE



**DAMIEN GATINEL** | MD, PhD



## SLEEP PER NIGHT

I get about **6 hours** of sleep per night



## WAKE UP!

Between **7 and 8 am**



## BREAKFAST?

**No**, I don't eat breakfast every day, but when I do it typically includes **green tea, fruit, nuts, and coffee**



## TIME COMMUTING

My average commute time is **30 minutes or less** via **taxi or Uber**



## LUNCH BREAK?

**Yes**, I take a lunch break

## WEEKLY WORK SCHEDULE

Typically I have **surgery** on **Monday**, **clinics** on **Tuesday**, more **surgeries** and **clinics** on **Wednesday and Thursday**, and **clinics** on **Friday** to see patients for **pre- and postoperative checks**

2017						
S	M	T	W	Th	F	S
		■	■	■	■	■
■	■	■	■	■	■	■
■	■	■	■	■	■	■
■	■	■	■	■	■	■



## EXERCISE REGULARLY?

**Yes**, I try to workout **1 to 3 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 **1 to 2 hours** of family time per day



**TYPICAL BEDTIME**

Between **midnight and 1 am**



**DAILY DOWNTIME**

On any given day, I get **1 hour or less** of downtime, and



I prefer to spend it **reading and listening to hi-fi music**



**LIGHTS OUT!**

**TELL US SOME MORE!**

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

Improving patients' **vision and lives**

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

The time **spent commuting**

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

Good **health and conditioning**

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

**Walking** through cities and museums **with a camera**

**Damien Gatinel, MD, PhD**

- Assistant Professor and Head, Anterior Segment and Refractive Surgery Department, Rothschild Ophthalmic Foundation, Paris
- Director, CEROC, Paris
- Member, CRST Europe Editorial Board
- gatinel@gmail.com