

A DAY IN THE LIFE



M. AMIR MOAREFI | MD



SLEEP PER NIGHT

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



WAKE UP!

Between **5 and 6 am**



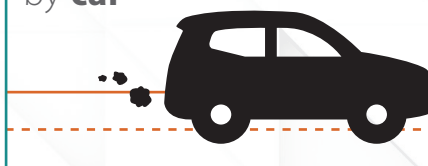
BREAKFAST?

Yes, I eat breakfast, which typically consists of **egg whites and spinach, oatmeal, or cereal with fruit**



TIME COMMUTING

My average commute time is **30 minutes or less** by **car**



LUNCH BREAK?

Yes, sometimes I pack **leftovers** from the meal I cooked the night before

WEEKLY WORK SCHEDULE

Typically I have **surgery** and **clinic** every day

2017						
S	M	T	W	Th	F	S



EXERCISE REGULARLY?

Yes, I try to workout **every day**



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



FAMILY TIME PER DAY

I get about **1 hour or less** of family time per day



TYPICAL BEDTIME

Between **10 and 11 pm**



LIGHTS OUT!



DAILY DOWNTIME



On any given day, I get **1 to 2 hours** of downtime, and I prefer to spend it **exercising or reading**



TELL US SOME MORE!

WHAT IS THE MOST REWARDING PART OF YOUR JOB?

Working with **great mentors** and the **high-volume of surgery we perform**, which allows me to treat a high number of patients

WHAT IS THE BIGGEST COMPLAINT YOU HAVE ABOUT YOUR JOB?

I don't have any complaints

WHAT GETS YOU THROUGH A BUSY DAY?

Knowing that I am **blessed**

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

Playing basketball or something else at the gym

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