

A DAY IN THE LIFE



SIMONETTA MORSELLI | MD



SLEEP PER NIGHT

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



WAKE UP!

Between **6 and 7 am**



BREAKFAST?

Yes, I eat breakfast every day, typically including **fruit, cappuccino, yogurt, water, and vitamins**



TIME COMMUTING

My average commute time is **30 to 60 minutes** by **car**



LUNCH BREAK?

No, I usually skip lunch

WEEKLY WORK SCHEDULE

My typical weekly schedule is **Monday to Friday, from 8 am to 3 pm at our public hospital, and from 3 to 7 pm in my private practice**



EXERCISE REGULARLY?

Yes, I try to workout **1 to 3 times a week**

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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 about **1 hour or less** of downtime, and I prefer to spend **it playing sports**



TELL US SOME MORE!

WHAT IS THE MOST REWARDING PART OF YOUR JOB?

Working in the public hospital and **performing surgery**

WHAT IS THE BIGGEST COMPLAINT YOU HAVE ABOUT YOUR JOB?

Too many papers to fill out

WHAT GETS YOU THROUGH A BUSY DAY?

Thinking about **travel opportunities**

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

Cooking

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