

A DAY IN THE LIFE



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SLEEP PER NIGHT

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



WAKE UP!

6 am



BREAKFAST?

Yes, I eat breakfast every day, and I typically eat **oats**



TIME COMMUTING

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



LUNCH BREAK?

Yes, I usually take a lunch break

WEEKLY WORK SCHEDULE

Typically I work **Monday to Friday, 8 am to 7 pm**

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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



FAMILY TIME PER DAY

I get about **1 to 2 hours** of family time per day



TYPICAL BEDTIME

Between **11 pm and midnight**



LIGHTS OUT!



DAILY DOWNTIME

On any given day, I get **1 to 2 hours** of downtime, during which I prefer to **spend time with my wife and children**



TELL US SOME MORE!

WHAT IS THE MOST REWARDING PART OF YOUR JOB?

Patient consultations, surgery, research, and teaching

WHAT IS THE BIGGEST COMPLAINT YOU HAVE ABOUT YOUR JOB?

I spend too many hours working and **not enough time with my family**

WHAT GETS YOU THROUGH A BUSY DAY?

Love

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

Playing the **saxophone**

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