

# A DAY IN THE LIFE



**WOLFGANG RIHA** | MD



## SLEEP PER NIGHT

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



## WAKE UP!

Between **6 and 7 am**



## BREAKFAST?

Yes, I eat breakfast every day, typically **fruit, muesli, bread, and jam**



## TIME COMMUTING

My average commute time is **30 minutes or less** on foot



## LUNCH BREAK?

Yes, I usually take time for lunch

## WEEKLY WORK SCHEDULE

Typically in a week I spend **20 hours in practice and one afternoon in surgery**; my limited amount of **clinical work** gives me the flexibility I need as a Physician CEO to be part of innovative projects and still spend time with my family

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[eyetube.net/series/day-in-the-life](http://eyetube.net/series/day-in-the-life)



**FAMILY TIME PER DAY**

I get **4 or more 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 **exercising**



**TELL US SOME MORE!**

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

Working with great colleagues on innovative ideas

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

There is **never enough time**

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

Photos of my kids

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

**Sailing** in the summer, **skiing** in the winter

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