

A DAY IN THE LIFE



ARSHAM SHEYBANI | MD



SLEEP PER NIGHT

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



WAKE UP!

Between **5 and 6 am**



BREAKFAST?

No, I don't eat breakfast every day, but when I do it typically consists of **a hardboiled egg and an orange**



TIME COMMUTING

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

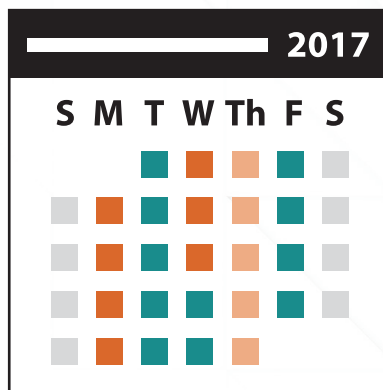


LUNCH BREAK?

No, I usually skip lunch

WEEKLY WORK SCHEDULE

My typical work schedule is **5 days a week**, including **1 day for research**, **2.5 days in the operating room**, and the rest in the **clinic**



EXERCISE REGULARLY?

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



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FAMILY TIME PER DAY

I get about **2 to 3 hours** of family time per day



TYPICAL BEDTIME

Between **11 pm and midnight**

LIGHTS OUT!



DAILY DOWNTIME

On any given day, I get **1 hour or less** of downtime, during which I prefer to **spend time with my kids**



TELL US SOME MORE!

WHAT IS THE MOST REWARDING PART OF YOUR JOB?

Teaching and being able to **help patients** who have been told they had “no options left”

WHAT IS THE BIGGEST COMPLAINT YOU HAVE ABOUT YOUR JOB?

The **bureaucracy of modern medicine** leaves us with less time to spend with patients

WHAT GETS YOU THROUGH A BUSY DAY?

Staying **busy**

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

Hanging out with family and friends

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