

A DAY IN THE LIFE



DARRELL E. WHITE | 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 every day, typically **egg whites, grains, nuts, and coffee**



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

My typical schedule is **Monday through Thursday, 7:30 am to 5:30 pm, Friday 8 am to noon**



EXERCISE REGULARLY?

Yes, I try to workout **3 to 5 times a week**

2017						
S	M	T	W	Th	F	S
		■	■	■	■	■
■	■	■	■	■	■	■
■	■	■	■	■	■	■
■	■	■	■	■	■	■



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 **2 to 3 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?

Successfully treating a patient who had nearly given up hope for a positive outcome

WHAT IS THE BIGGEST COMPLAINT YOU HAVE ABOUT YOUR JOB?

The moving target of **meeting regulatory demands** in an environment in which **it feels like one is guilty until proven guilty**—on every single patient

WHAT GETS YOU THROUGH A BUSY DAY?

Smiling staff members

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

Writing

Darrell E. White, MD

- Founder, Skyvision Centers, Westlake, Ohio
- dwhite2@skyvisioncenters.com