

## **Israeli Physicians' Performance after Sleep Deprived Situations - Differences among Male and Female Hospital Residents**

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**ABSTRACT** This paper explores gender differences among hospital residents' performance of clinical tasks in sleep-derived situations. Two different research instruments were employed to investigate the physicians' performance: an objective measure assessing the effects of sleep loss on performance by means of a computer game, and a subjective measure, a self-evaluation questionnaire investigating physicians' assessments of the effects of sleep loss on their professional performance. The results reveal no significant differences in objective performance between men and women as obtained by the computer game after a night shift. However, significant gender differences in self-assessment appeared in the self-reported questionnaire in the domains of technical abilities, decision-making and general functioning. Women residents reported a significant decline in some components of their performance after a night shift, while male residents report only a marginal effect on their performance. The major contribution of this study is in its actual applications in developing optimal work schedules and organizational interventions to minimize fatigue and increase safety.