Krug MF, Golob AL, Wander PL, Wipf, JE. Changes in Resident Well-Being at One Institution Across a Decade of Progressive Work Hours Limitations. Acad Med.

Supplemental Digital Appendix 1

Year	Summary of work-hour practices at the study institution
2001	
2004	
2012	
Key:	
	Resident physicians at study sites recommended to work no more than 80 hours/week.
	The 80 hour/week limit receives increased attention and enforcement. All resident physicians are allowed to work no more than 24 consecutive hours (with 6 additional hours for transfer of care and educational activities), must have at least 24 consecutive hours off per week, must have at least 10 consecutive hours off between shifts, and may take call no more frequently than 1 night in 3. Intern (R1) shifts limited to 16 consecutive hours.