

**25 YEARS RCoA**  
Royal College of Anaesthetists  
1992–2017

**YouTube**

**Fatigue and the Anaesthetist**  
Dr Mike Farquhar

RCoA ARIES Talk: Fatigue and the Anaesthetist by Mike Farquhar

<https://tinyurl.com/ARIESFatigue>

**Education & PRACTICE**  
Fifteen-minute consultation on managing the effects of shift work on your health  
Michael Farquhar

“You’re not healthy unless your sleep is healthy”  
Professor William Dement, Stanford University, one of the founders of modern sleep medicine

**Evelina London**

<https://tinyurl.com/ShiftworkTips>

**BBC ONE**

**inside out south**

**Driving Tired**

<https://tinyurl.com/DrivingTired>

**Education at Guy's and St Thomas' NHS**  
NHS Foundation Trust

**Sleep: Looking After Your Wellbeing**

**Evelina London**  
Children's Hospital

<https://tinyurl.com/GSTTSleep>

**Links:**

Article on practical tips for individuals and hospitals: <http://ep.bmj.com/content/102/3/127>

15 minute RCoA Aries talk: <https://www.youtube.com/watch?v=SLWD9uXeNw&app=desktop> (the tinyurl one above works as well, but I use that mainly on slides so it's easier for people to remember/copy down!)

GSTT Resource page: <http://www.guysandstthomaseducation.com/projectsleep-looking-after-your-wellbeing/>

10 minute BBC Inside Out South report “Driving Tired”: <https://www.youtube.com/watch?v=z4vv3HuKjcY&feature=youtu.be>