SEMINAR SERIES PRESENTATION

sponsored by the Sleep Performance and Research Center

FRIDAY, NOVEMBER 5, 2021
NOON – 1:00 p.m. PST

HOW DO WE DETERMINE A SAFE WORK SHIFT LENGTH?

A REVIEW OF GUIDING PRINCIPLES OFFERED BY EXPERTS IN THE FIELD

CLICK TO WATCH LIVE ON ZOOM
Meeting ID: 939 8004 5387

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INDIRA GURUBHAGAVATULA, MD, MPH
Associate Professor of Clinical Medicine at the Perelman School of Medicine and Director of the Sleep Medicine Fellowship Program, University of Pennsylvania

Dr. Indira Gurubhagavatula has been practicing sleep medicine for 23 years. She is trained in pulmonary, critical care and sleep medicine. Dr. G’s research has included the evaluation of screening programs for sleep apnea in occupational settings, such as commercial truck drivers and law enforcement officers. She published manuscripts and numerous guidance documents in this area, presented at national meetings, and served as a consultant for federal regulatory agencies that address drowsy driving, such as the FMCSA and NTSB.

She chaired several committees for the AASM regarding sleep and safety issues in occupational settings, including the AASM Sleep and Transportation Safety Task Force, Occupational Sleep Wellness Presidential Committee, and the Public Safety Committee, which have tackled the effects of unhealthy sleep among workers operating in safety-sensitive conditions.

As Co-Chair of the Work Shift Length Guidance Task Force with Dr. Van Dongen, she helped author a document summarizing guiding principles of designing work shift lengths.