

Episode: *Author Interview: “Who Should Talk to Patients and How About Whether They Have Access to Sufficient, Quality Sleep?”*

Guest: Maeve Pascoe, MD, MS

Host: Tim Hoff

Transcript: Cheryl Green

[Access the podcast.](#)

[bright theme music]

[00:00:03] TIM HOFF: Welcome to another episode of the Author Interview series from the *American Medical Association Journal of Ethics*. I’m your host, Tim Hoff. This series provides an alternative way to access the interesting and important work being done by Journal contributors each month. Joining me on this episode is Dr Maeve Pascoe, a neurology resident physician at the University of Michigan. She’s here to discuss her article, coauthored with Dr Nancy Foldvary-Schaefer, “*Who Should Talk to Patients and How About Whether They Have Access to Sufficient, Quality Sleep?*,” in the October 2024 issue of the Journal, [Sleep Stewardship](#). Dr Pascoe, thank you so much for being on the podcast. [music fades]

DR MAEVE PASCOE: Thank you so much for having me.

[00:00:45] HOFF: So, what is the main ethics point of your article?

PASCOE: So, sleep disorders are extremely pervasive and yet underdiagnosed. Primary care clinicians are perfectly positioned to evaluate and address poor sleep in their patients, but these clinicians receive sparse education about sleep and little time allocated and compensated for sleep screening. We must better equip and support primary care clinicians to have these discussions in order to improve health outcomes.

[00:01:10] HOFF: And what do you see as the most important thing for health professions students and trainees to take from your article?

PASCOE: Sleep affects nearly every organ system and is a critical component to health and wellness. A thorough patient history includes their sleep and should be discussed no less than other topics such as diet and exercise.

[00:01:28] HOFF: And finally, if you could add a point to your article that you didn’t have the time or the space to fully explore, what would that be?

PASCOE: While time always seems to be a resource in short supply, technological advancements such as sleep related smartphone applications and smart wearable devices are extremely useful tools that could help save clinicians time. These technologies can be useful for both information gathering and patient education and empowerment, showing clinicians and patients alike how patients are sleeping, and providing useful feedback and training on good sleep hygiene and when referrals may be necessary for sleep medicine specialists. [theme music returns]

[00:02:02] HOFF: Dr Pascoe, thank you so much for your time on the podcast today, and thanks to you and your coauthor for your contribution to the Journal this month.

PASCOE: Thank you so much for having me. It's been a pleasure.

HOFF: To read the full article, as well as the rest of this month's issue for free, visit our site, journalofethics.org. We'll be back soon with more *Ethics Talk* from the *American Medical Association Journal of Ethics*.