



Midwifery Program, Advanced Nursing Practice Division Fatigue and Sleep Deprivation

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Policy Owner: Program Director, Nurse-Midwifery	
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1. Policy Statement

To ensure compliance with the Accreditation Commission for Midwifery Education (ACME) standards and to maintain the integrity of professional clinical education, the Rutgers School of Nursing Nurse-Midwifery Program maintains specialized student policies that supplement those of the Rutgers School of Nursing and Rutgers University. These policies are designed to uphold the American College of Nurse-Midwives (ACNM) Core Competencies for Basic Midwifery Practice and ensure that every student meets the rigorous technical and behavioral standards necessary for safe, independent midwifery practice. Furthermore, these program-specific guidelines provide the administrative framework for verifying eligibility for national certification through the American Midwifery Certification Board (AMCB). By adhering to these tailored policies, the program ensures a consistent educational environment that prioritizes patient safety, clinical excellence, and the successful transition of students into the professional workforce.

If not addressed, fatigue, sleep deprivation, and long periods of on-duty time can present potential safety risks for midwives, midwifery students, and the patients and families for whom they provide care. Rutgers School of Nursing Midwifery Program and the American College of Nurse-Midwives (ACNM) and its members are committed to providing safe, ethical, and high-quality care for pregnant and postpartum people and their infants. To achieve this commitment, it is important that midwifery students have a professional responsibility to be aware of the effects of sleep deprivation on clinical and personal safety and take steps to limit those effects.

2. Reasons for Policy

To provide midwifery-specific guidelines on fatigue and sleep deprivation.

3. Who Should Review This Policy

All students, faculty, and staff who are a part of, or who support, the Nurse-Midwifery Program.

4. Resources and Related Documents:

- [Midwifery Student Handbook](#)
- Rutgers School of Nursing [Classroom and Clinical Attendance Policy](#)
- American College of Nurse-Midwives [Position Statement](#) on Fatigue, Sleep Deprivation, and Safety

5. The Policy: Fatigue and Sleep Deprivation

Purpose

Faculty and preceptors are dedicated to ensuring students have worthwhile and safe clinical experiences. Sleep deprivation can interfere with optimal learning and safe practice. The purpose of this policy, which supports the American College of Nurse-Midwives [position statement](#) on Fatigue, Sleep Deprivation, and Safety, is to promote a safe, supportive, and effective learning environment by addressing the risks of fatigue and sleep deprivation among students and faculty.

Standards and Requirements

Work and Clinical Hour Expectations.

- Students should have a period of four hours of uninterrupted rest after 16 hours of active on duty time and take naps before working more than 16 hours.
- Student shifts are limited to no more than 24 hours long
- Students are encouraged to schedule at least seven to eight hours of uninterrupted sleep on a regular basis.

Faculty and Preceptor Responsibilities

- Minimize fatigue-related risks in clinical education
- Ensure reasonable clinical schedules that support adequate rest