



Wake-up

- ✓ Sleep/wake log



Flight duty period

Start of 1st sector

- ✓ KSS, SP & PVT

End of each sector (except last)

- ✓ KSS & SP

End of last sector

- ✓ KSS, SP & PVT



End of flight duty period

- ✓ Workload
- ✓ Flight duty log
- ✓ Controlled and in-flight rest



Naps (and main sleep)

- ✓ Before: press
Actiwatch button
- ✓ After: sleep/wake log



Collecting aircrew data on fatigue, alertness and sleep



Please complete the measurements using the fit4duty app on the phone provided to you.

- ✓ Two rating scales: KSS and SP
- ✓ A reaction time test: PVT
- ✓ Flight duty log
- ✓ Sleep/wake log
- ✓ Wear an Actiwatch

Questions?

Consult the website

<https://ftl2.nlr.nl>

or email ftl2@nlr.nl