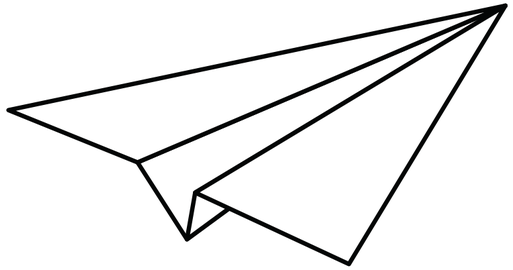
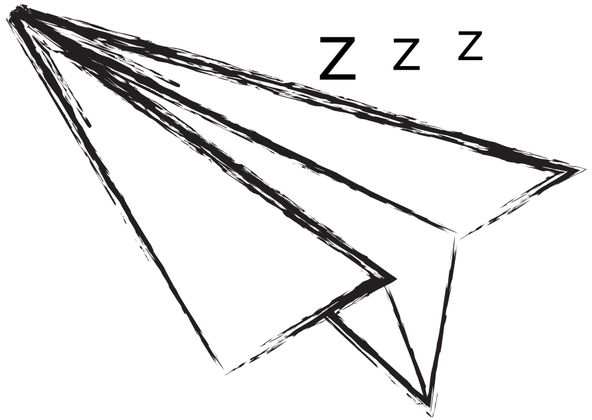
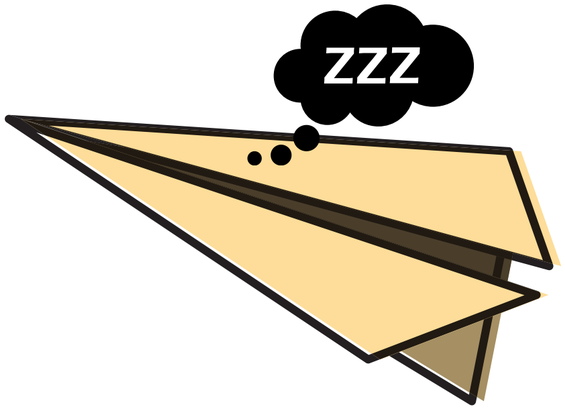
SLEEP OBTAINED BY CABIN CREWMEMBERS DURING A LONG-HAUL FLIGHT







Presented by:
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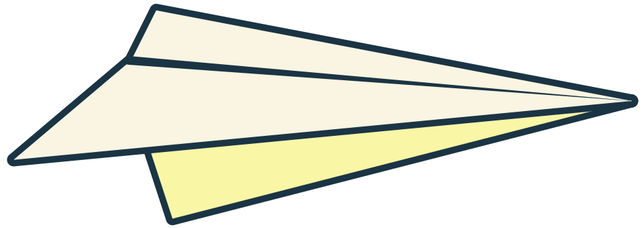
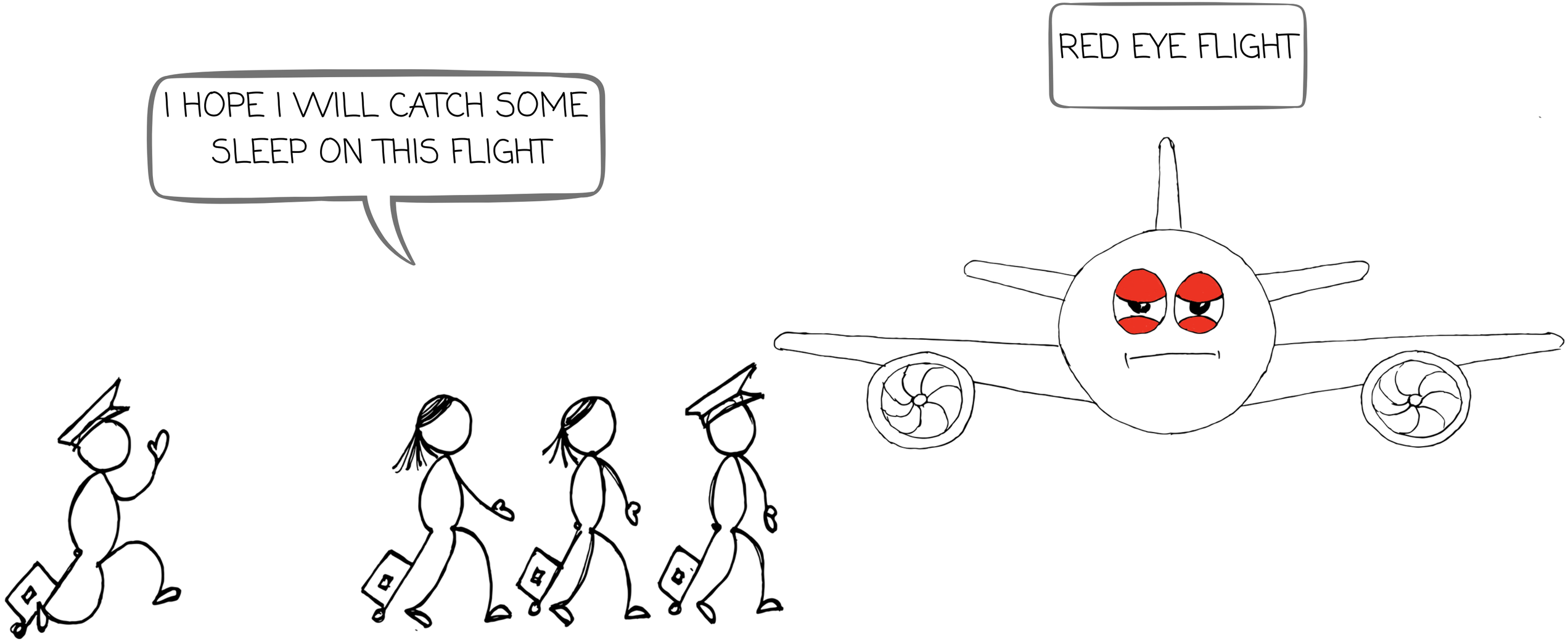


SLEEP 2021, June 10-13, Club Hypnos

WE EVALUATED NAPPING AMONG CABIN CREWMEMBERS FLYING THE SAME LONG-HAUL RED EYE FLIGHT

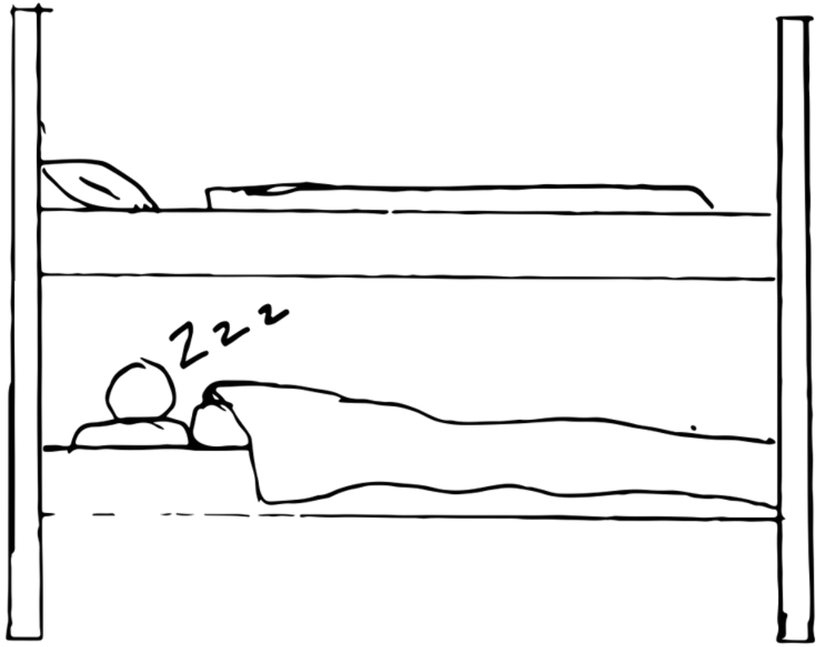


THIRTY-ONE (6 MALES) CABIN CREWMEMBERS WERE RANDOMLY ASSIGNED TO FLY ON AN AIRCRAFT WITH A JUMP SEAT OR A BUNK FOR THEIR SLEEP OPPORTUNITY

SLEEPING IN THE JUMP SEAT

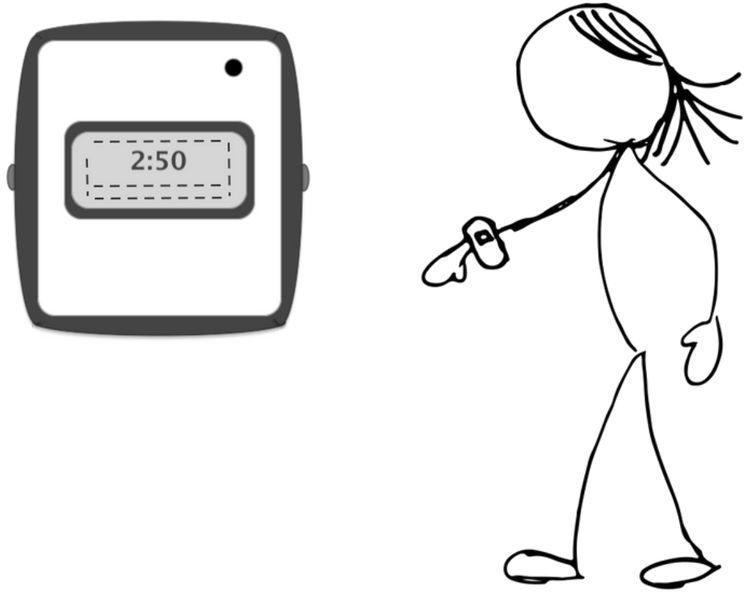
OR

HO HUMMM! I GET TO SLEEP IN THE BUNK!

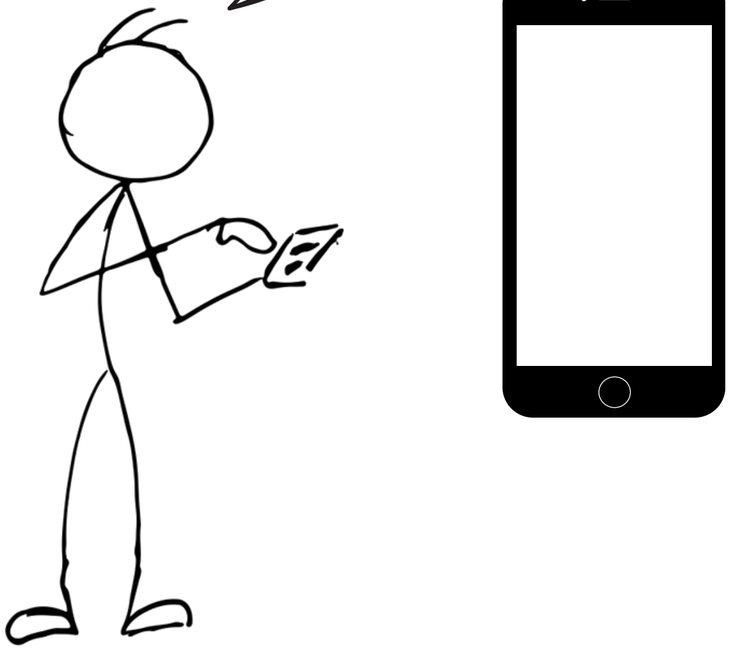


THEY WORE AN ACTIWATCH THROUGHOUT THE ENTIRE STUDY AND COMPLETED A SLEEP DIARY EVERY DAY INCLUDING THE NAPS DURING FLIGHT

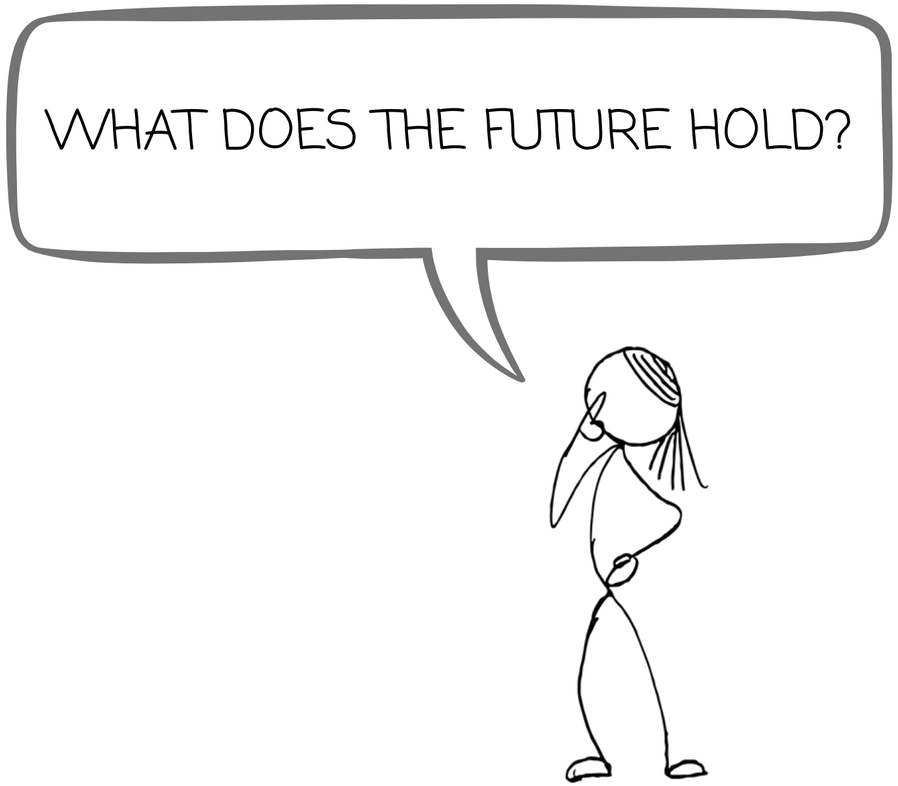
I AM WEARING THE ACTIWATCH ALL THE TIME



I ENTER MY BEDTIME AND WAKEUP TIME IN THE SLEEP DIARY EVERY DAY



WE FOUND THAT PARTICIPANTS SPENT MORE TIME AND SLEPT LONGER IN THE JUMP SEAT BUT THEY FELL ASLEEP FASTER AND HAD BETTER SLEEP EFFICIENCY WHEN SLEEPING IN THE BUNK



UNDERSTAND HOW SLEEP QUALITY AND SUBSEQUENT PERFORMANCE ARE INFLUENCED BY SLEEP OPPORTUNITY IN A BUNK COMPARED TO A JUMP SEAT

Please see my talk on Friday, June 11, 1:03 PM - 1:14 PM
Session: O-02: Sleep and Sleep Loss in Soldiers, First Responders, and Flight Crew