



SLEEP 2021

JUNE 10-13

A JOINT MEETING

AASIM American Academy of
SLEEP MEDICINE™

 Sleep Research Society®
Advancing Sleep & Circadian Science

RISE AND SHINE: USING LIGHT AS A COUNTERMEASURE TO SLEEP INERTIA

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Conflict of Interest Disclosures for Speakers



1. I do not have any relationships with any entities producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients, OR

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2. I have the following relationships with entities producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients.

Type of Potential Conflict	Details of Potential Conflict
Grant/Research Support	
Consultant	
Speakers' Bureaus	
Financial support	
Other	

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3. The material presented in this lecture has no relationship with any of these potential conflicts, OR

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- 1.
- 2.
- 3.

Reactive countermeasures

>>Field deployable

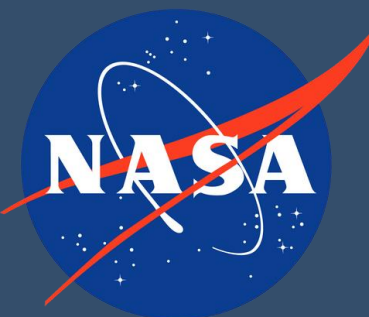


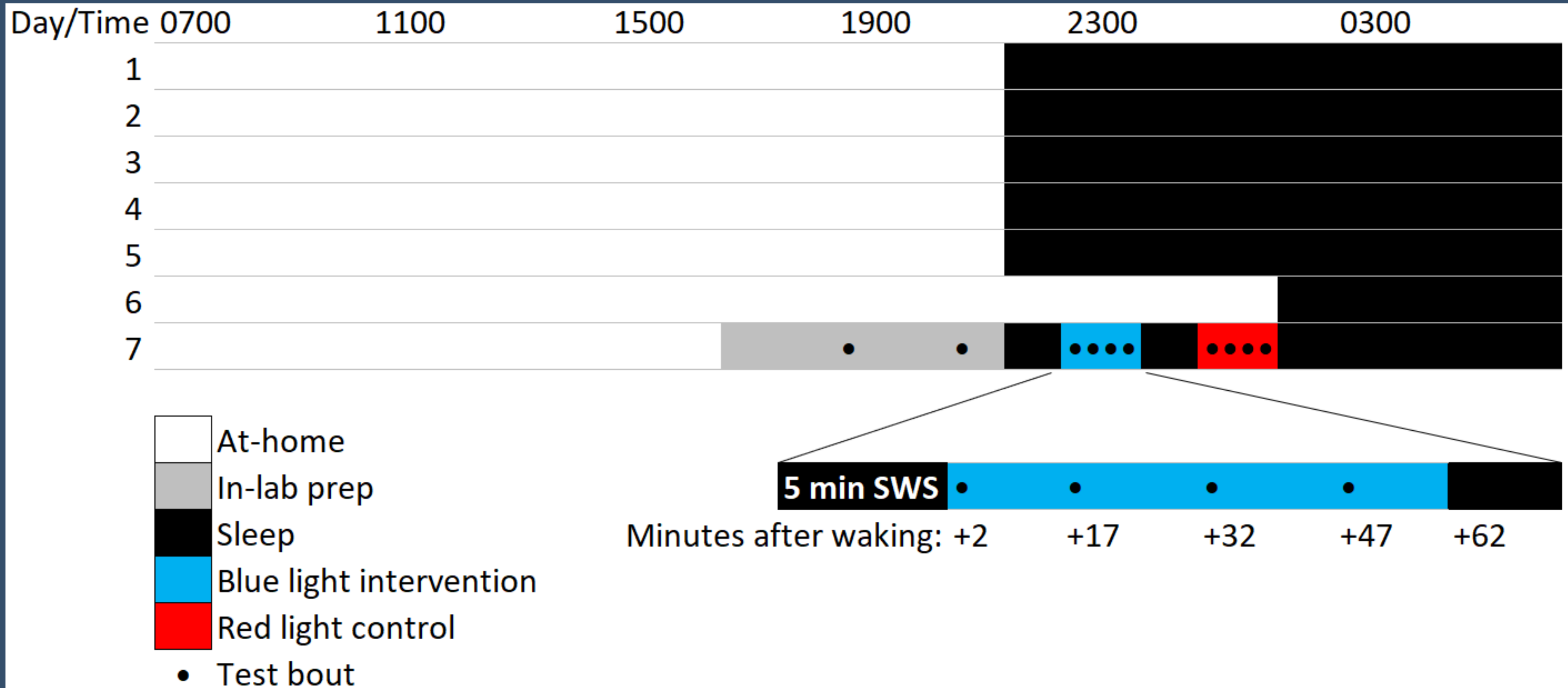
Light

- Phase shifting, acute alerting effects
- Time of administration, wavelength

Sleep inertia countermeasure: light

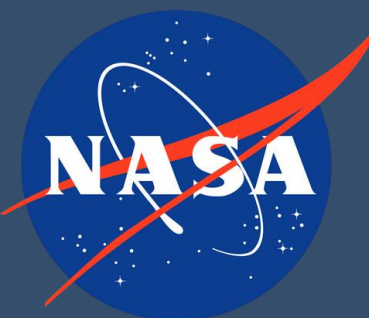
Background Methods Results Conclusions

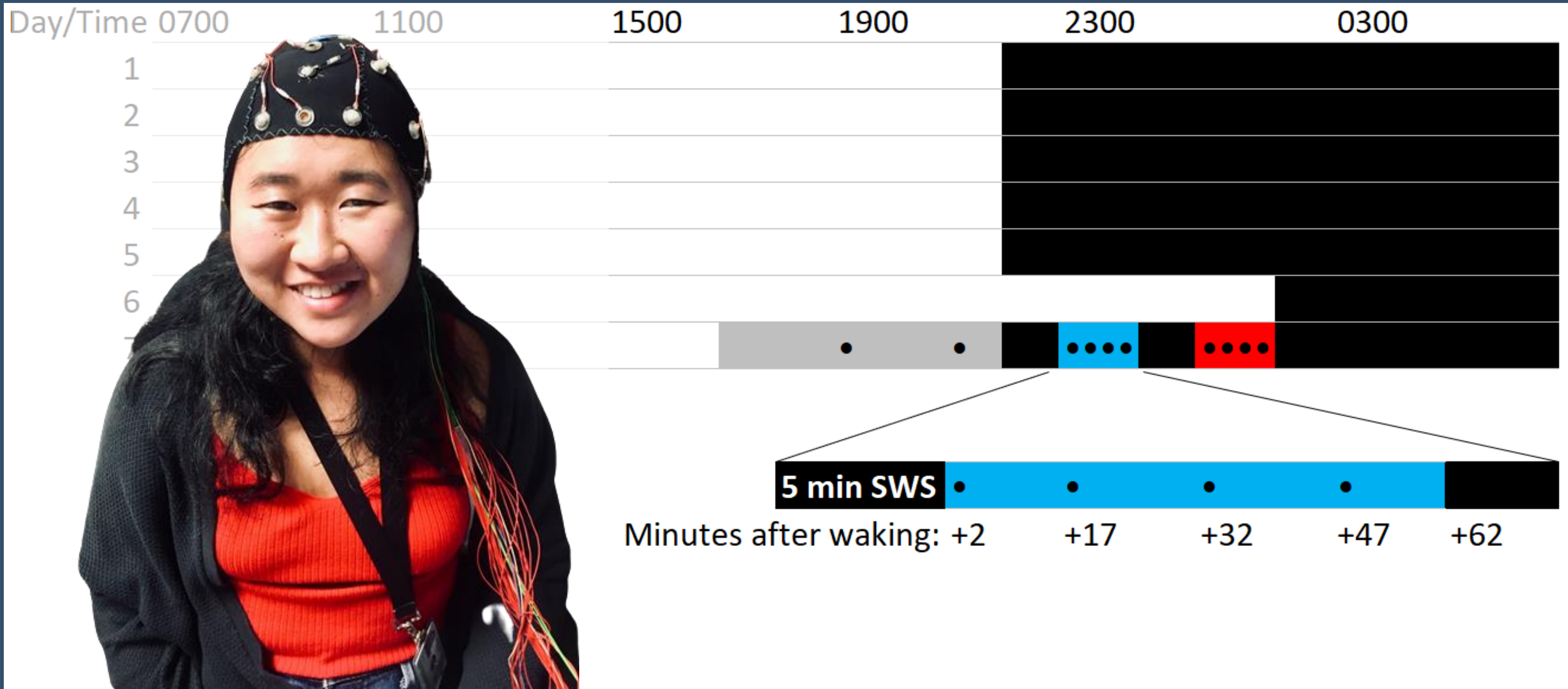




Sleep inertia countermeasure: light

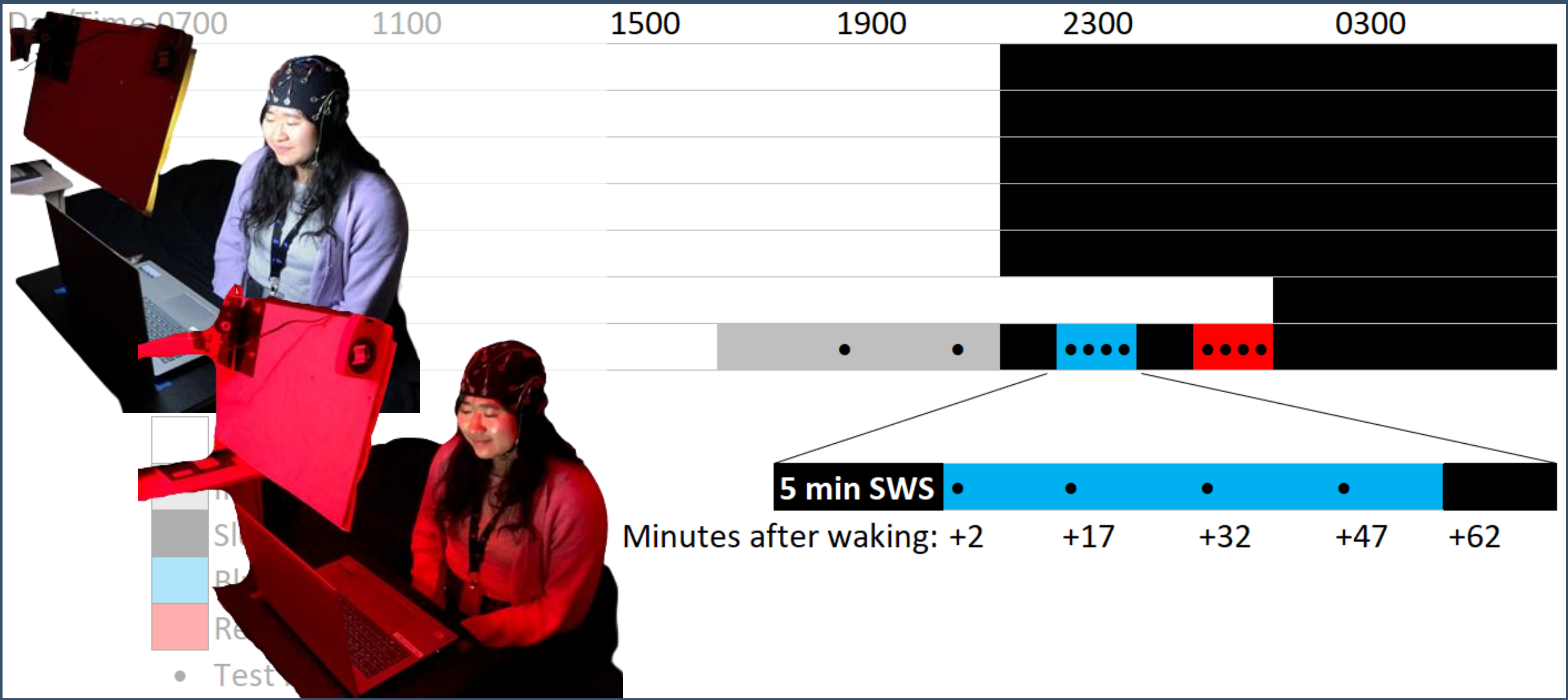
Background **Methods** Results Conclusions





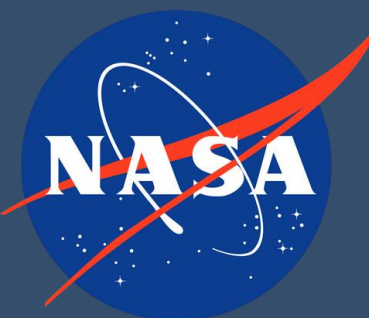
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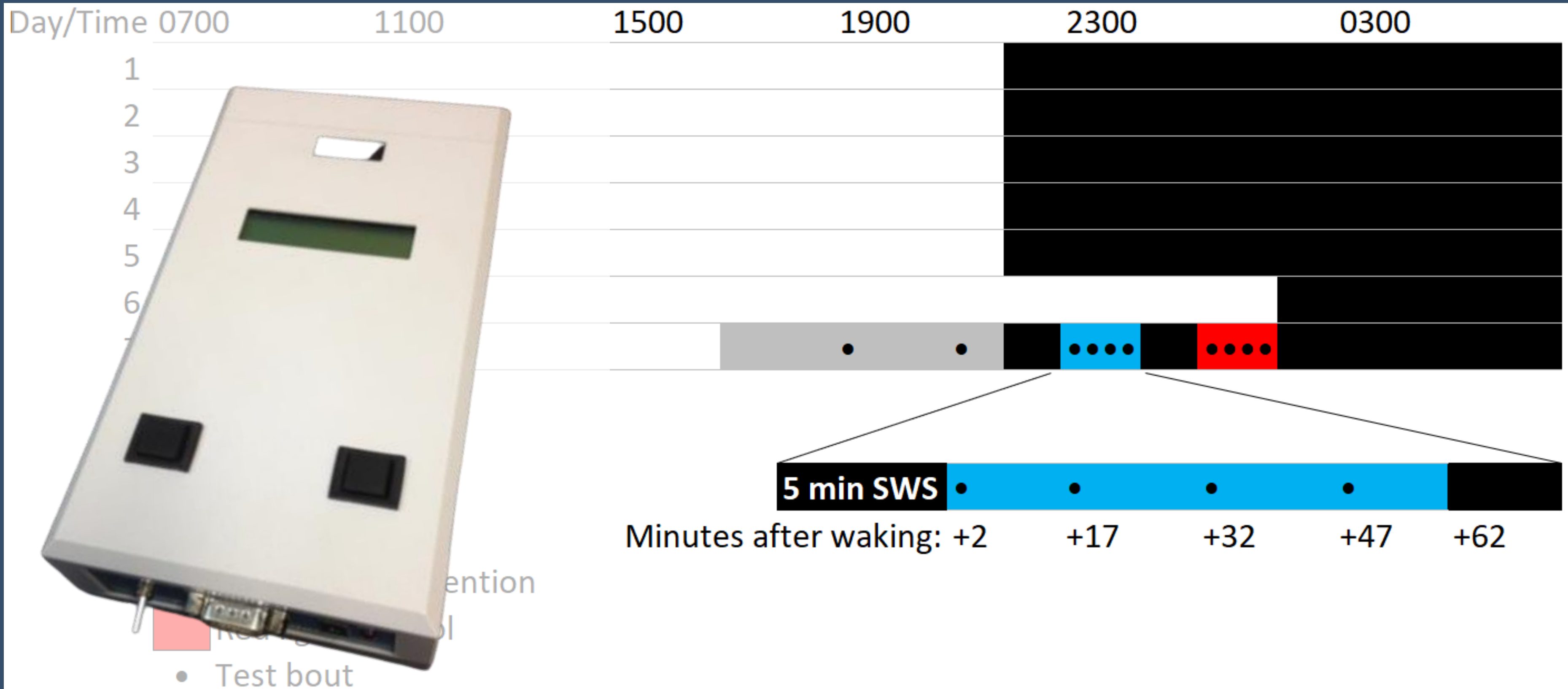




Sleep inertia countermeasure: light

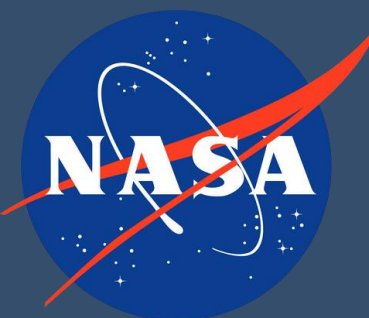
Background **Methods** Results Conclusions





Sleep inertia countermeasure: light

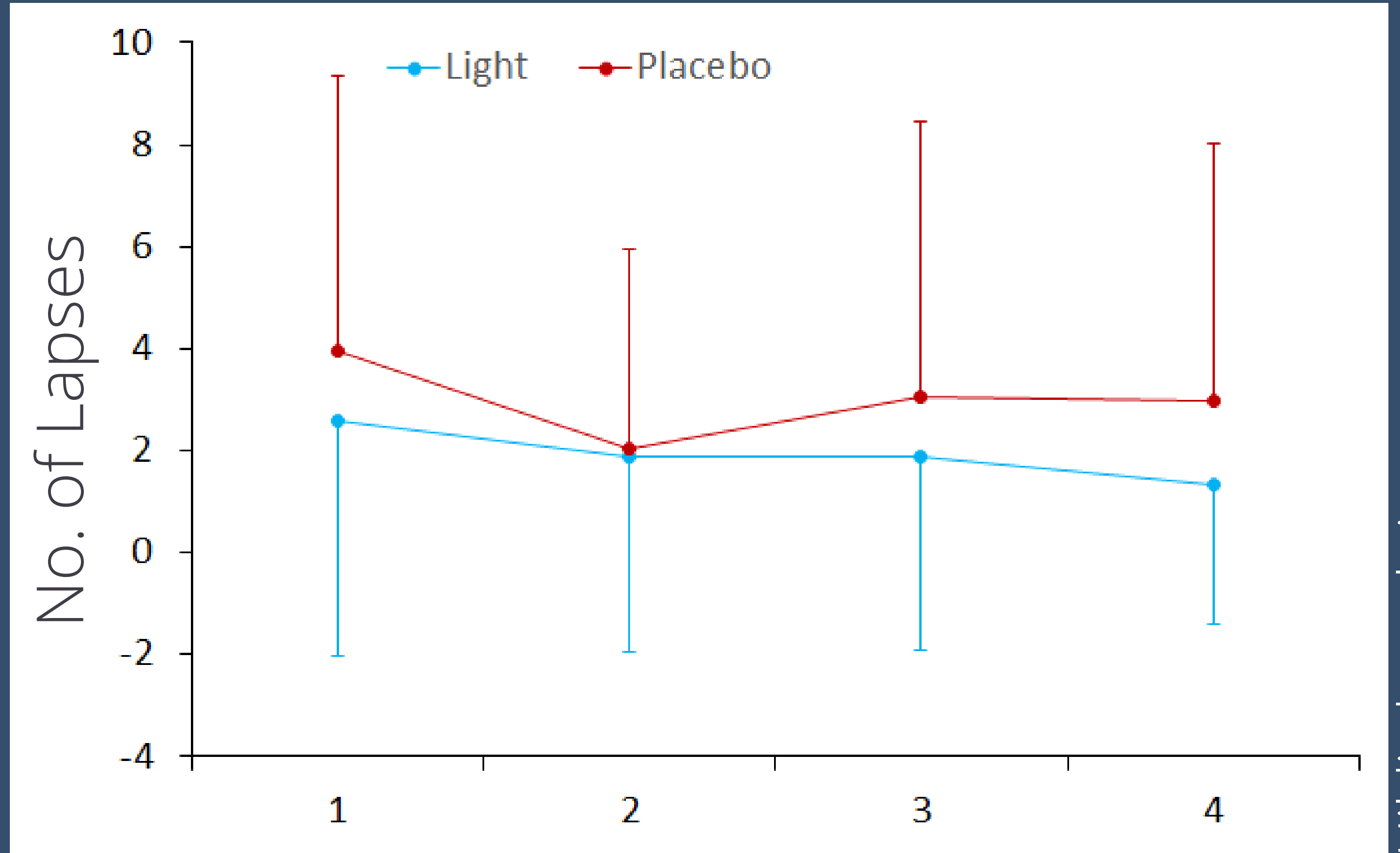
Background **Methods** Results Conclusions



PVT

FEWER LAPSES

NON-SIGNIFICANT
SPEED INCREASE



Hilditch et al., in prep

Sleep inertia countermeasure: light
Background Methods **Results** Conclusions



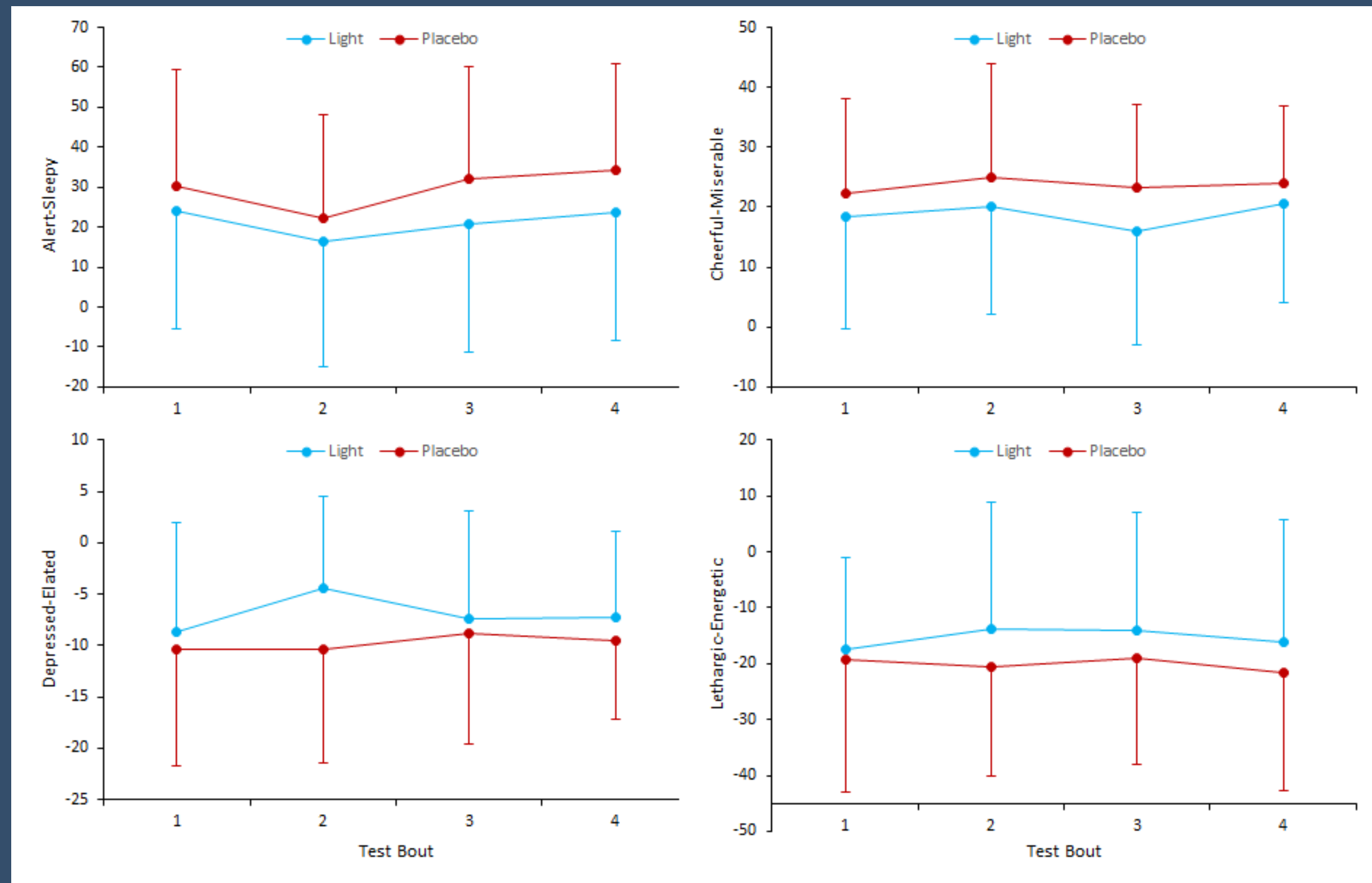
Mood

MORE ALERT

MORE CHEERFUL

LESS DEPRESSED

LESS LETHARGIC



Hilditch et al., in prep

Sleep inertia countermeasure: light
Background Methods **Results** Conclusions



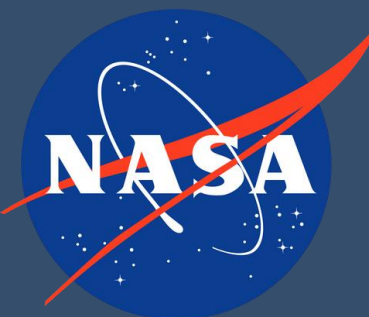
RISE AND SHINE!

Blue-enriched light exposure after waking may help to improve performance, alertness, mood.

FIELD TESTING

Does this countermeasure work in real world environments?

Sleep inertia countermeasure: light
Background Methods Results **Conclusions**



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THANK YOU

