

Sleep and Fatigue in Aviation: Participants for a study needed!



This is an invitation to actively participate in a Fatigue Study in the context of the validation of a sleep measure wrist worn device (Fitbit Charge HR) with the potential for future use in Fatigue Risk Management (FRM) in aviation as part of a larger study of Fatigue at the University of Zilina.

- As future aviation professionals you will know that high levels of alertness are required whilst on duty. Recent surveys report that between 15 -30% of adult workers are engaged in shift work, “with 19% of the European population reportedly working at least 2 hours between 22:00 and 05:00”. The International Civil Aviation Organisation (ICAO) has set an international standard for FRM that requires the National regulator (Aviation Authority) to set in place either a FRM system or prescriptive measures based on sound scientific principles, this study aims to provide cost effective ways to meet the requirements and provide simple and safe feedback to pilots of their sleep and fatigues measures.

What do I have to do?

- During the study period, you will be required to wear an approved EU Class 1 medical actigraph, the MotionWatch 8 and a commercially available consumer activity and sleep tracker produced by Fitbit on your wrist for a period of seven days. The data collected in this study will undergo qualitative and quantitative statistical analysis to assess the validity of the test device (Fitbit) for assessment of sleep quality and quantity. You will also receive back the results of your personal sleep data and feedback on the quality.

Please volunteer to assist this project and help protect your future career!

If you are between 18-60 years old, with no known sleep disorder (sleep insomnia, sleep apnea etc.)

Contact us ASAP, as the first test batch starts **from 23th February 2015.**



If you are interested contact:

flightresearch@fpedaz.uniza.sk

We will send you a start-up questionnaire to fill in online to see whether you fit our ideal cohort.

All data are strictly confidential!

Karina Mesarosova (PhD Student) Department of Air Transport