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## Weaker. Sicker. Dumber.

The Real Impact Of Fatigue On Crew Performance & Safety. It's Time To Rethink Recovery.

**Eric Rogers, Ph.D.**

- Former Sleep Specialist for Navy SEALs
- Board Certified in Behavioral Sleep Medicine
- Psychologist
- Army Vet

**PEAK SLEEP**

**NSPC**  
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A grid of safety-related icons including a lightning bolt, hard hat, hand with prohibition sign, target, right arrow, warning triangle, headphones, hand, and safety glasses.

**Cognitive Performance:** 24 hrs awake ~ .10% Blood Alcohol Level





### Mental Impact

- Judgment & Decision Making
- Processing Speed
- Stress Tolerance
- Mental Health & Mood
- Memory & Learning
- Risk Taking & Impulsivity
- Attention & Concentration



### Physical Impact

- Repair & Recovery
- Immune Support
- Injury Prevention
- Strength & Coordination
- Pain Tolerance
- Reaction Time



### Social Impact

- Increased Patience
- Effective Communication
- Frustration Tolerance
- Emotional Intelligence



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ABC News. (2012, December 4). *Sleepy drivers can dose unknowingly* [Video]. ABC News. <https://www.youtube.com/watch?v=JwCnJZyU70M>



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# 60-70%

Inadequate Sleep (<7 hrs. per night or non-restorative sleep)



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### Try But Can't

- Insomnia
- Sleep Apnea
- Shift Work

### Choices & Priorities

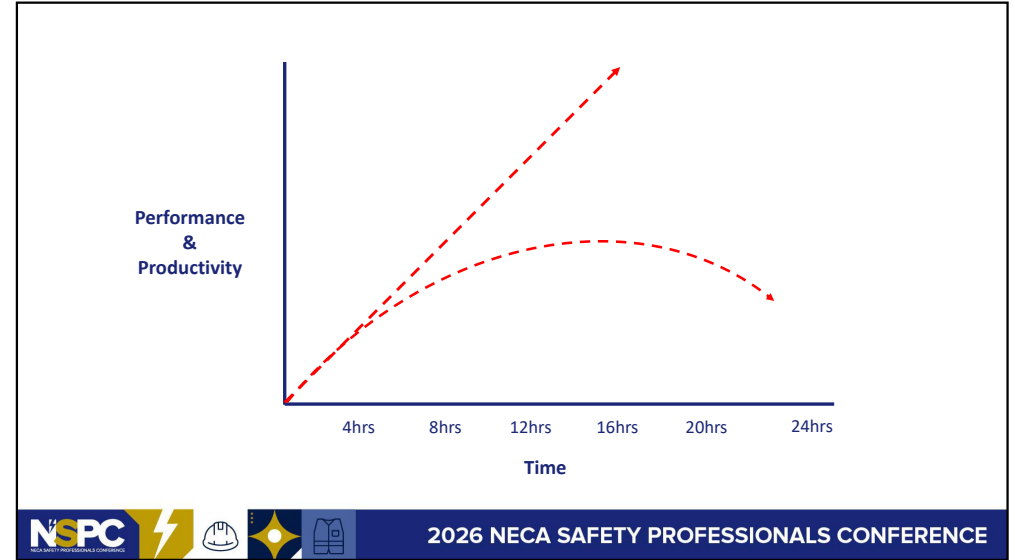
- Lack of Awareness
- Belief in Common Myths
- Feel Invincible

### Life & Job Demands

- Family Obligations
- On call / Long Shifts
- Storm Restoration



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### What a Tactical Nap is & isn't:

**Isn't:** Unauthorized or unplanned, slacking off or "sleeping on the job."

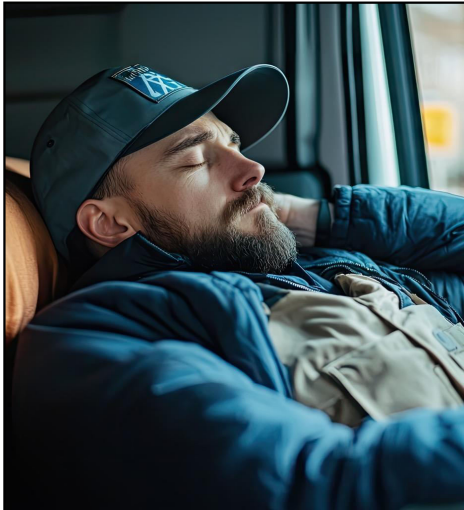
**Is:** Scheduled, brief, and managed field tool to help maintain performance, productivity and safety.

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### Industries Using Tactical Naps

- Commercial Aviation (NASA/FAA)
- U.S. Military
- Emergency Medical Services (EMS)
- Commercial Trucking (FMCSA)
- Air Traffic Control
- More

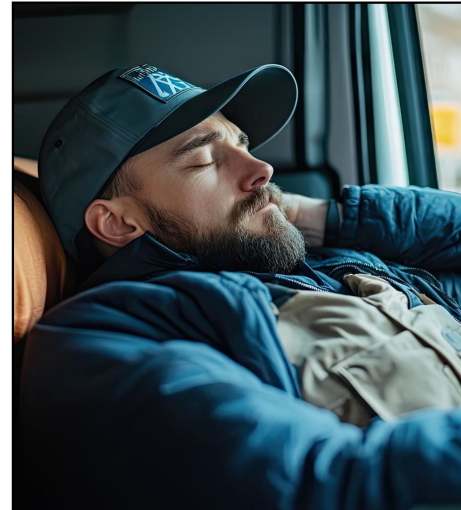
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- 54% Improved Alertness
- 34% Fewer Performance Lapses
- Microsleeps Reduced or Eliminated
- 40% Improved Creative Problem Solving
- 16% Faster Reaction Time
- 14% Improved Decision Making Accuracy



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### What a Tactical Nap Looks Like?

- When working 16 hrs or more
  - Or at the first signs of fatigue
- Defined nap window
- Scheduled wake-up
- 10-20 min. long
- Post Nap - 10 min. transition buffer
  - Move, Hydrated, Stretch



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So what's the first hurdle?



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The foundation for  
performance, productivity, & safety.



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## Let's Connect

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