



Wake-up

- ✓ Sleep/wake log
- ✓ KSS & SP
- ✓ NPI (pilots only)



Flight duty

Cruise (long-haul)

- ✓ KSS & SP

Prior TOD

- ✓ KSS & SP

- ✓ NPI (pilots in final flight)



Planning a nap

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



End of duty

- ✓ Flight duty log



Going to bed

- ✓ Sleep/wake log
- ✓ Actiwatch



Collecting aircrew data on fatigue, alertness and sleep



Download the CrewAlert Lite application on your iPhone, iPad or iPod Touch

- ✓ Two rating scales: KSS and SP
- ✓ A reaction time test: NPI (pilots only)
- ✓ Flight duty log
- ✓ Sleep/wake log
- ✓ Actiwatch (not available for all crews)

Questions? Contact
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