



**Locomotive Engineer's  
Daily Log**

ID Number \_\_\_\_\_

If you have questions, you can contact:

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### **Instructions for T&E Service Employee Log**

This log is divided into 14 sections, one for each day that you will be recording data. Each section has a page for recording your self-assessments of your sleep and your alertness. A table for recording sleep, personal time, commute to/from work, work periods and limbo time follows the self-ratings.

Please assign the time in each day to one of the five categories. Draw a vertical line in the appropriate column to indicate the time that you spent in that activity. Put a horizontal bar at the top and bottom of the vertical line to indicate the beginning and end of the activity. Please enter the actual start and stop time of each activity period. Next to the vertical line in the "Sleep" column, write an "A" if you slept away from home or "H" if you slept at home. Be sure to record all sleep periods, including naps.

You may use the blank page following each daily entry for any comments about the day's activities. This is optional.

The following pages contain a sample entry for two consecutive days. This example illustrates how to record information in this log book.

### **Study Compensation**

Complete the last page of this log book to indicate your preference for the study compensation.

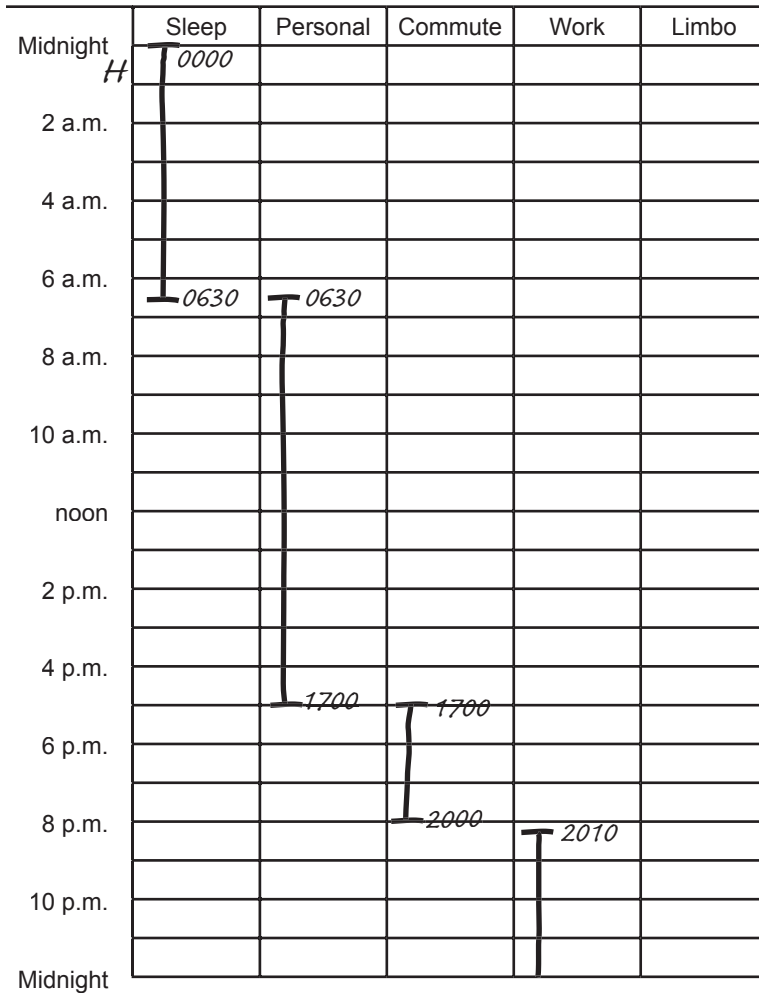
### Sample Entry

You sleep at home Sunday night, going to sleep sometime before midnight, and you wake up at 6:30 a.m. Monday morning. You are not eligible to work today until 8 p.m. so during the day, you decide to fiddle around the house, run errands, and interact with your kids, until you are called. You receive the call to work at 6 p.m. You then prepare for work, get in your car at 7 p.m., and arrive at work at 8 p.m. You mark up at 8:10 p.m. Your work today takes you on the road, away from home.

You proceed to drive through the night, and into Tuesday morning. You realize that you are not going to reach your destination before your HOS expire, and you are forced to stop the train at 8:10 a.m. You call for a van and sit waiting in limbo. Because your agreement allows for napping, you doze for 30 min. A van arrives at 9 a.m. to take you to your lodging, and you arrive at 9:45 a.m.

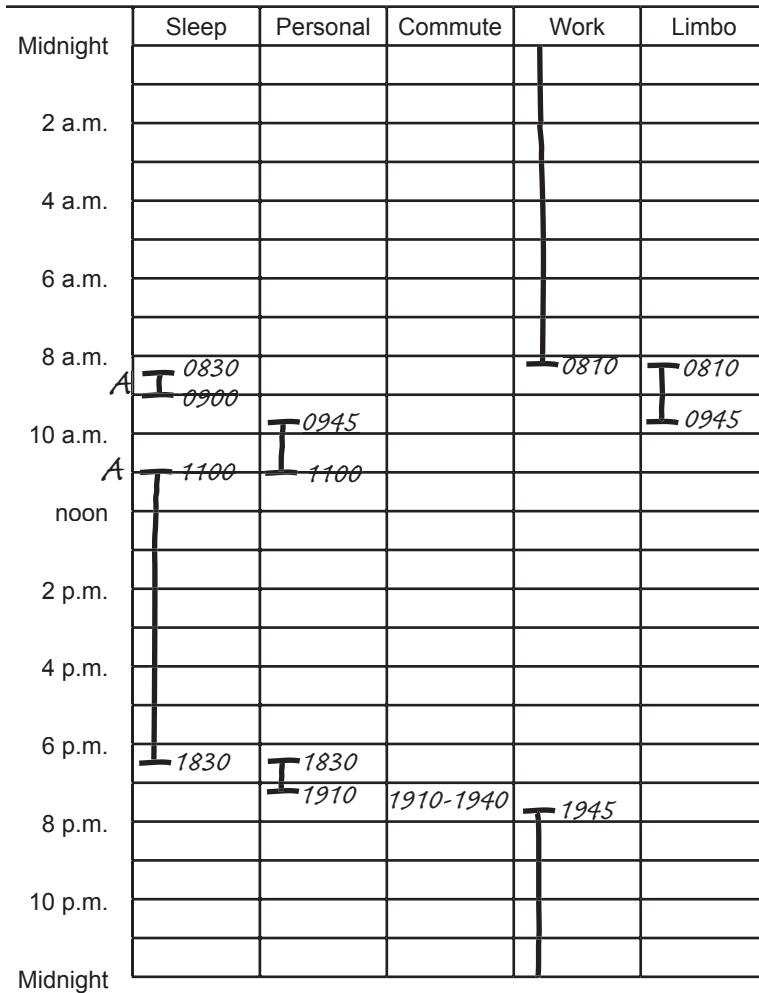
You check into your room, and decide to have some breakfast and take a shower before lying down to sleep at 11 a.m. You are awoken at 6:15 p.m. when you receive a call informing you to be to work at 7:45 p.m. You are still tired and decide to get 15 min more sleep, so you lay back down. At 6:30 p.m. you wake up to prepare for work. Before the van arrives you make your way across the street to the convenience store to grab a sandwich and some snacks for the ride home. The van picks you up at 7:10 and drops you off at 7:40 p.m. You mark up exactly at 7:45 p.m. and you work up through midnight.

### Activity



Sleep location: A=away, H=home  
Enter actual start and end time for all activities

### Activity



Sleep location: A=away, H=home  
Enter actual start and end time for all activities

**Day 1**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	



### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 2**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 3**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	



### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 4**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 5**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	



### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 6**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 7**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	



### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 8**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 9**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	



### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 10**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 11**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	



### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 12**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 13**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	



### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



**Day 14**

Date \_\_\_\_\_ / \_\_\_\_\_ / 2008

## Self-Assessments

Rate your sleep upon arising from longest sleep period

Ease of falling asleep				
1	2	3	4	5
Very difficult			Very easy	

Ease of getting up				
1	2	3	4	5
Very difficult			Very easy	

Length of sleep				
1	2	3	4	5
Wholly insufficient			More than sufficient	

Quality of sleep				
1	2	3	4	5
Very poor			Very good	

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Start of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### End of Work

Indicate how you feel now				
1	2	3	4	5
Very sleepy			Very alert	

### Activity

	Sleep	Personal	Commute	Work	Limbo
Midnight					
2 a.m.					
4 a.m.					
6 a.m.					
8 a.m.					
10 a.m.					
noon					
2 p.m.					
4 p.m.					
6 p.m.					
8 p.m.					
10 p.m.					
Midnight					

Sleep location: A=away, H=home  
Enter actual start and end time for all activities



As compensation for my participation in this study,  
I prefer to receive a gift certificate to:

Home Depot

Sears

Please send the gift certificate to:

Name: \_\_\_\_\_

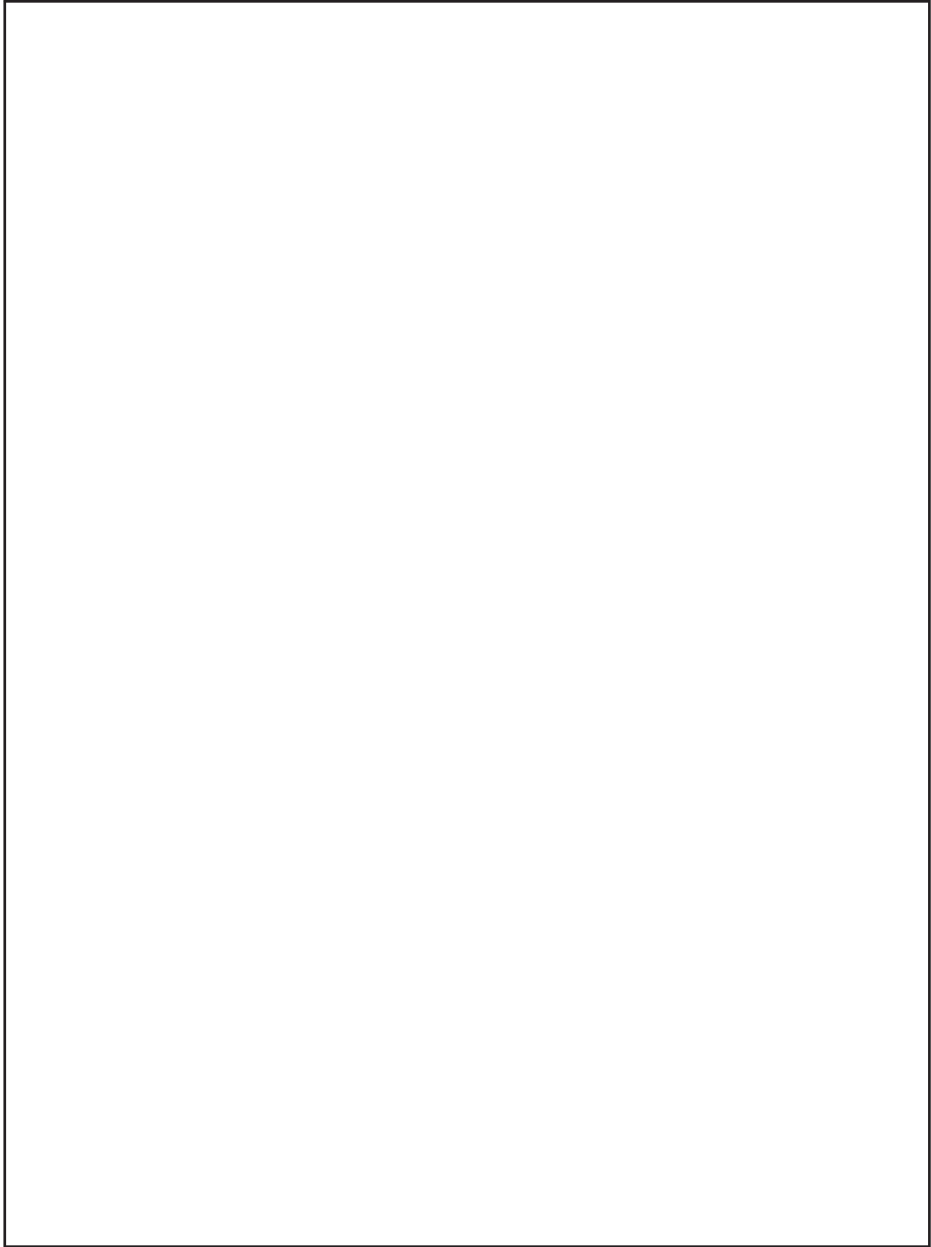
Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_

*Signature*





The Federal Railroad Administration (FRA) is conducting a study of the work schedules and sleep patterns of railroad operating crews. The purpose of the study is to develop an understanding of the issue of work schedule-related fatigue of train and engine service employees. The study results will inform possible future FRA policy and regulatory actions, will assist the railroad industry in addressing any work-schedule related fatigue issues of train and engine service employees, and, in general, will contribute to overall railroad operational safety.

The data collected from this study will be used primarily for statistical purposes, and is authorized by law (49 U.S.C. 20901). Your participation in this study is completely voluntary. Your personal information will be kept strictly confidential, and will not be disclosed to anyone other than employees and contractors who work on this study.

Public reporting burden for this information collection is estimated to average 10 minutes per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing this collection of information. Please note that an agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a valid OMB control number. The OMB control number for this information collection is xxxx-yyyy.



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