

### IRRITABILITY

|  |  |
|--|--|
| 1. FEELING IRRITABLE                         |  |
| 2. GENERALLY ANNOYED WITH OTHERS             |  |
| 3. PRETTY UNFRIENDLY/ TESTY                  |  |
| 4. IMPATIENT                                 |  |
| 5. WOULD REALLY LIKE TO BE ALONE FOR A WHILE |  |
| 6. GETTING ANGRY                             |  |
| 7. DISAGREEABLE                              |  |
| 8. WISH I WEREN'T WITH THESE PEOPLE          |  |
| 9. FEELING GROUCHY WITH PEOPLE               |  |

### FATIGUE/ LOW ENERGY

|                            |  |
|----------------------------|--|
| 1. VERY TIRED              |  |
| 2. REALLY FATIGUED         |  |
| 3. BURNED OUT              |  |
| 4. WORN OUT                |  |
| 5. FEELING EXHAUSTED       |  |
| 6. CAN'T GO ON MUCH LONGER |  |
| 7. NOT ENERGETIC           |  |
| 8. TOO TIRED TO MOVE       |  |
| 9. FEEL DRAINED            |  |

### POOR SLEEP

|   |  |
|---|--|
| 1. SLEEPY                                   |  |
| 2. WISH I HAD SLEPT LONGER                  |  |
| 3. WISH I HAD SLEPT MORE SOUNDLY            |  |
| 4. COULD FALL ASLEEP RIGHT HERE             |  |
| 5. NODDING OFF                              |  |
| 6. EYES ARE CLOSING                         |  |
| 7. FORCING SELF TO KEEP EYES OPEN           |  |
| 8. BOUNCING, TAPPING, SHAKING TO STAY AWAKE |  |
| 9. YAWNING                                  |  |

### WORK FRUSTRATION

|  |  |
|--|--|
| 1. PREFER TO NOT WORK NOW                    |  |
| 2. WISH I DIDN'T HAVE TO DO THINGS RIGHT NOW |  |
| 3. HOPE NOTHING ELSE NEEDS TO BE DONE        |  |
| 4. TOO MUCH IS EXPECTED OF ME RIGHT NOW      |  |
| 5. TIRED OF WORKING                          |  |
| 6. WORK FEELS LIKE DRUDGERY                  |  |
| 7. FEELS LIKE A GRIND                        |  |
| 8. WISH THE WORK WOULD END                   |  |
| 9. WOULD LIKE HELP WITH THE WORK             |  |

### PHYSICAL DISCOMFORT

|                                      |  |
|--------------------------------------|--|
| 1. MUSCLES HURT                      |  |
| 2. BODY STIFF                        |  |
| 3. CAN'T GET COMFORTABLE             |  |
| 4. ARMS AND LEGS HURT                |  |
| 5. WANT TO STRETCH                   |  |
| 6. SKIN STICKY/ DIRTY                |  |
| 7. WHAT I'M WEARING IS UNCOMFORTABLE |  |
| 8. HEAD ACHES                        |  |
| 9. EYES TIRED                        |  |

# CREWMEMBER

# ACTIVITY & SLEEP LOG



PARTICIPANT NUMBER \_\_\_\_\_

**Please complete Logbook entries and PVT test:**

- 1. Before Trip (pre-trip)**
- 2. Upon arrival at Hotel (post-flight)**
- 3. Hotel (layover) Logbook, PVT optional**
- 4. Before pickup at Hotel (post-layover)**
- 5. Upon arrival at homebase (post-trip)**

Use appropriate code-letter or number below in each row of matrix.

Activity  
 A = Awake  
 R = Resting  
 S = **Sleep (>15 min)**  
 N = Nap (≤15 min)  
 T = PVT Test Time

Rating  
 1 = Well Rested  
 2 = Moderately Rested  
 3 = Slightly Rested  
 4 = Not at all Rested

Fatigue  
 1 - Feeling active and vital; alert; wide awake.  
 2 - Functioning at a high level, but not at peak; able to concentrate.  
 3 - Relaxed; awake; not at full alertness; responsive.  
 4 - A little foggy; not at peak; let down  
 5 - Fogginess; beginning to lose interest in remaining awake; slowed down.  
 6 - Sleepiness; prefer to be lying down; fighting sleep; woozy.  
 7 - Almost in reverie; sleep onset soon; lost struggle to remain awake\_

**EXAMPLE OF COMPLETED MATRIX**

PILOT ENTRIES IN **BOLD**

| Entry    | Circle Log-Time Below |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
|----------|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| JFK      | 2100                  | 2200     | 2300     | 0000     | 0100     | 0200     | 0300     | 0400     | 0500     | 0600     | 0700     | 0800     |          |          |          |          |          |          |          |          |          |          |          |
| GMT      | 0200                  | 0300     | 0400     | 0500     | 0600     | 0700     | 0800     | 0900     | 1000     | 1100     | 1200     | 1300     |          |          |          |          |          |          |          |          |          |          |          |
| BOM      | 0730                  | 0830     | 0930     | 1030     | 1130     | 1230     | 1330     | 1430     | 1530     | 1630     | 1730     | 1830     |          |          |          |          |          |          |          |          |          |          |          |
| Activity | <b>S</b>              | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> | <b>S</b> |
| Fatigue  |                       |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| Rating   |                       |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| JFK      | 0900                  | 1000     | 1100     | 1200     | 1300     | 1400     | 1500     | 1600     | 1700     | 1800     | 1900     | 2000     |          |          |          |          |          |          |          |          |          |          |          |
| GMT      | 1400                  | 1500     | 1600     | 1700     | 1800     | 1900     | 2000     | 2100     | 2200     | 2300     | 0000     | 0100     |          |          |          |          |          |          |          |          |          |          |          |
| BOM      | 1930                  | 2030     | 2130     | 2230     | 2330     | 0030     | 0130     | 0230     | 0330     | 0430     | 0530     | 0630     |          |          |          |          |          |          |          |          |          |          |          |
| Activity | <b>A</b>              | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> | <b>A</b> |
| Fatigue  |                       |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| Rating   |                       |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |

**ARR (post-trip):** Please rate "1= not at all" through "5 = very much" as each applies for about the last hour or so.

*POOR CONCENTRATION*

|  |  |
|--|--|
| 1. DIFFICULTY CONCENTRATING                    |  |
| 2. HARD TIME PAYING ATTENTION                  |  |
| 3. CAN'T STAY AT A TASK                        |  |
| 4. DISTRACTIBLE WHILE DOING THINGS             |  |
| 5. HAVING TO RE-READ MATERIAL                  |  |
| 6. LOSING TRACK OF CONVERSATIONS               |  |
| 7. HAVING TO PAY EXTRA ATTENTION TO UNDERSTAND |  |
| 8. DAYDREAMING                                 |  |
| 9. NOT THINKING STRAIGHT/ EFFICIENTLY          |  |

*BOREDOM*

|  |  |
|--|--|
| 1. NOTHING SEEMS INTERESTING           |  |
| 2. NOT CARING ABOUT WHAT IS HAPPENING  |  |
| 3. NONE OF THIS IS FUN ANYMORE         |  |
| 4. NOT INTERESTED IN WHAT IS HAPPENING |  |
| 5. INDIFFERENT                         |  |
| 6. BORED WITH MISSION                  |  |
| 7. TIRED OF SAME OLD THING             |  |
| 8. THINGS ARE TEDIOUS                  |  |
| 9. TIME IS PASSING TOO SLOWLY          |  |

*SLOWED REACTIONS*

|                                  |  |
|----------------------------------|--|
| 1. NOT MOVING VERY MUCH          |  |
| 2. JUST LOOKING AROUND           |  |
| 3. HAVING TO THINK BEFORE ACTING |  |
| 4. THINGS SEEM IN SLOW MOTION    |  |
| 5. ARMS FEEL HEAVY               |  |
| 6. REACTIONS ARE SLOWED          |  |
| 7. MOVEMENTS SEEM DELAYED        |  |
| 8. CAN'T KEEP UP WITH TASKS      |  |
| 9. RESPONDING TAKES EFFORT       |  |

**ANXIETY**

|                            |  |
|----------------------------|--|
| 1. FEEL ANXIOUS            |  |
| 2. FEEL TENSE IN MUSCLES   |  |
| 3. FEEL NERVOUS            |  |
| 4. WORRIED ABOUT THINGS    |  |
| 5. MUSCLES ARE JITTERY     |  |
| 6. TAPPING FINGERS OR FOOT |  |
| 7. STOMACH FEELS UPSET     |  |
| 8. JUMPY                   |  |
| 9. VIGILANT                |  |

**DEPRESSION**

|                                      |  |
|--------------------------------------|--|
| 1. FEEL DEPRESSED                    |  |
| 2. FEEL UNHAPPY                      |  |
| 3. FEEL SAD                          |  |
| 4. NOT ENJOYING THIS                 |  |
| 5. FEEL DISCOURAGED                  |  |
| 6. WISH I FELT HAPPIER               |  |
| 7. WORRIED I MIGHT NEVER FEEL BETTER |  |
| 8. NO CONTROL OVER ANY OF THIS       |  |
| 9. WHAT I DO DOESN'T MATTER          |  |

**ARR (post-trip)**

**Circle Log-Time**

|          |      |      |      |      |      |      |      |      |      |      |      |      |
|----------|------|------|------|------|------|------|------|------|------|------|------|------|
| JFK      | 2100 | 2200 | 2300 | 0000 | 0100 | 0200 | 0300 | 0400 | 0500 | 0600 | 0700 | 0800 |
| GMT      | 0200 | 0300 | 0400 | 0500 | 0600 | 0700 | 0800 | 0900 | 1000 | 1100 | 1200 | 1300 |
| BOM      | 0730 | 0830 | 0930 | 1030 | 1130 | 1230 | 1330 | 1430 | 1530 | 1630 | 1730 | 1830 |
| Activity |      |      |      |      |      |      |      |      |      |      |      |      |
| Fatigue  |      |      |      |      |      |      |      |      |      |      |      |      |
| Rating   |      |      |      |      |      |      |      |      |      |      |      |      |
| JFK      | 0900 | 1000 | 1100 | 1200 | 1300 | 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 |
| GMT      | 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 | 2100 | 2200 | 2300 | 0000 | 0100 |
| BOM      | 1930 | 2030 | 2130 | 2230 | 2330 | 0030 | 0130 | 0230 | 0330 | 0430 | 0530 | 0630 |
| Activity |      |      |      |      |      |      |      |      |      |      |      |      |
| Fatigue  |      |      |      |      |      |      |      |      |      |      |      |      |
| Rating   |      |      |      |      |      |      |      |      |      |      |      |      |

**AWAKENINGS and REASON (EXAMPLE: 5 Min. @ 0430; turbulence)**

1. \_\_\_\_\_ min. at \_\_\_\_\_
2. \_\_\_\_\_ min. at \_\_\_\_\_
3. \_\_\_\_\_ min. at \_\_\_\_\_

**Sleep Rating (Please circle one number for each item)**

|                |               |   |   |   |   |   |           |
|----------------|---------------|---|---|---|---|---|-----------|
| Falling asleep | Not Difficult | 1 | 2 | 3 | 4 | 5 | Difficult |
| My sleep was   | Not Deep      | 1 | 2 | 3 | 4 | 5 | Deep      |
| Arising was    | Not Difficult | 1 | 2 | 3 | 4 | 5 | Difficult |
| I now feel     | Not Rested    | 1 | 2 | 3 | 4 | 5 | Rested    |

**VISUAL ANALOG SCALE**

very little-----very much

1. How alert do you feel?  
\_\_\_\_\_
2. How sad do you feel?  
\_\_\_\_\_
3. How tense do you feel?  
\_\_\_\_\_
4. How much of an effort is it to do anything?  
\_\_\_\_\_
5. How happy do you feel?  
\_\_\_\_\_
6. How weary do you feel?  
\_\_\_\_\_
7. How calm do you feel?  
\_\_\_\_\_
8. How sleepy do you feel?  
\_\_\_\_\_

**Sleep & Alertness Strategies:** \_\_\_\_\_

**CAFFEINE & H2O INTAKE (coffee, tea, soda, water, other)**

TYPE \_\_\_\_\_ AMT \_\_\_\_\_ TIMES \_\_\_\_\_

**LOGBOOK ENTRY EXAMPLE (cont)**

**Visual Analog Scale**

**DRAW** a line between the endpoints approximating your response to each question as seen in the example below.

**VISUAL ANALOG SCALE**

1. How alert do you feel?  
very little \_\_\_\_\_|\_\_\_\_\_ very much
2. How sad do you feel?  
very little \_\_\_\_\_|\_\_\_\_\_ very much
3. How tense do you feel?  
very little \_\_\_\_\_|\_\_\_\_\_ very much
4. How much of an effort is it to do anything?  
very little \_\_\_\_\_|\_\_\_\_\_ very much
5. How happy do you feel?  
very little \_\_\_\_\_|\_\_\_\_\_ very much
6. How weary do you feel?  
very little \_\_\_\_\_|\_\_\_\_\_ very much
7. How calm do you feel?  
very little \_\_\_\_\_|\_\_\_\_\_ very much
8. How sleepy do you feel?  
very little \_\_\_\_\_|\_\_\_\_\_ very much

| Pre-trip: In bed time? |      |      |      | Circle Log-Time |      |      |      |      |      |      |      |      |  |
|------------------------|------|------|------|-----------------|------|------|------|------|------|------|------|------|--|
| JFK                    | 2100 | 2200 | 2300 | 0000            | 0100 | 0200 | 0300 | 0400 | 0500 | 0600 | 0700 | 0800 |  |
| GMT                    | 0200 | 0300 | 0400 | 0500            | 0600 | 0700 | 0800 | 0900 | 1000 | 1100 | 1200 | 1300 |  |
| BOM                    | 0730 | 0830 | 0930 | 1030            | 1130 | 1230 | 1330 | 1430 | 1530 | 1630 | 1730 | 1830 |  |
| Activity               |      |      |      |                 |      |      |      |      |      |      |      |      |  |
| Fatigue                |      |      |      |                 |      |      |      |      |      |      |      |      |  |
| Rating                 |      |      |      |                 |      |      |      |      |      |      |      |      |  |
| JFK                    | 0900 | 1000 | 1100 | 1200            | 1300 | 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 |  |
| GMT                    | 1400 | 1500 | 1600 | 1700            | 1800 | 1900 | 2000 | 2100 | 2200 | 2300 | 0000 | 0100 |  |
| BOM                    | 1930 | 2030 | 2130 | 2230            | 2330 | 0030 | 0130 | 0230 | 0330 | 0430 | 0530 | 0630 |  |
| Activity               |      |      |      |                 |      |      |      |      |      |      |      |      |  |
| Fatigue                |      |      |      |                 |      |      |      |      |      |      |      |      |  |
| Rating                 |      |      |      |                 |      |      |      |      |      |      |      |      |  |

**Notes/Comments during return flight (e.g., ate something during layover that didn't set well, swapped rest times, or whatever...)**

**AWAKENINGS and REASON (EXAMPLE: 5 Min. @ 0430; turbulence)**

1. \_\_\_\_\_ min. at \_\_\_\_\_
2. \_\_\_\_\_ min. at \_\_\_\_\_
3. \_\_\_\_\_ min. at \_\_\_\_\_

**Sleep Rating (Please circle one number for each item)**

|                |               |   |   |   |   |   |           |
|----------------|---------------|---|---|---|---|---|-----------|
| Falling asleep | Not Difficult | 1 | 2 | 3 | 4 | 5 | Difficult |
| My sleep was   | Not Deep      | 1 | 2 | 3 | 4 | 5 | Deep      |
| Arising was    | Not Difficult | 1 | 2 | 3 | 4 | 5 | Difficult |
| I now feel     | Not Rested    | 1 | 2 | 3 | 4 | 5 | Rested    |

**VISUAL ANALOG SCALE**

very little-----very much

1. How alert do you feel?  
\_\_\_\_\_
2. How sad do you feel?  
\_\_\_\_\_
3. How tense do you feel?  
\_\_\_\_\_
4. How much of an effort is it to do anything?  
\_\_\_\_\_
5. How happy do you feel?  
\_\_\_\_\_
6. How weary do you feel?  
\_\_\_\_\_
7. How calm do you feel?  
\_\_\_\_\_
8. How sleepy do you feel?  
\_\_\_\_\_

**Sleep & Alertness Strategies:** \_\_\_\_\_

**CAFFEINE & H2O INTAKE (coffee, tea, soda, water, other)**

TYPE \_\_\_\_\_ AMT \_\_\_\_\_ TIME \_\_\_\_\_

## IRRITABILITY

|  |  |
|--|--|
| 1. FEELING IRRITABLE                         |  |
| 2. GENERALLY ANNOYED WITH OTHERS             |  |
| 3. PRETTY UNFRIENDLY/ TESTY                  |  |
| 4. IMPATIENT                                 |  |
| 5. WOULD REALLY LIKE TO BE ALONE FOR A WHILE |  |
| 6. GETTING ANGRY                             |  |
| 7. DISAGREEABLE                              |  |
| 8. WISH I WEREN'T WITH THESE PEOPLE          |  |
| 9. FEELING GROUCHY WITH PEOPLE               |  |

### FATIGUE/ LOW ENERGY

|                            |  |
|----------------------------|--|
| 1. VERY TIRED              |  |
| 2. REALLY FATIGUED         |  |
| 3. BURNED OUT              |  |
| 4. WORN OUT                |  |
| 5. FEELING EXHAUSTED       |  |
| 6. CAN'T GO ON MUCH LONGER |  |
| 7. NOT ENERGETIC           |  |
| 8. TOO TIRED TO MOVE       |  |
| 9. FEEL DRAINED            |  |

## POOR SLEEP

|   |  |
|---|--|
| 1. SLEEPY                                   |  |
| 2. WISH I HAD SLEPT LONGER                  |  |
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| 4. COULD FALL ASLEEP RIGHT HERE             |  |
| 5. NODDING OFF                              |  |
| 6. EYES ARE CLOSING                         |  |
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### WORK FRUSTRATION

|  |  |
|--|--|
| 1. PREFER TO NOT WORK NOW                    |  |
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|                                      |  |
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| 2. BODY STIFF                        |  |
| 3. CAN'T GET COMFORTABLE             |  |
| 4. ARMS AND LEGS HURT                |  |
| 5. WANT TO STRETCH                   |  |
| 6. SKIN STICKY/ DIRTY                |  |
| 7. WHAT I'M WEARING IS UNCOMFORTABLE |  |
| 8. HEAD ACHES                        |  |

|               |  |
|---------------|--|
| 9. EYES TIRED |  |
|---------------|--|

**Pre-trip:** Please rate "1= not at all" through "5 = very much" as each applies for about the last hour or so.

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| 5. WANT TO STRETCH                   |  |
| 6. SKIN STICKY/ DIRTY                |  |
| 7. WHAT I'M WEARING IS UNCOMFORTABLE |  |
| 8. HEAD ACHES                        |  |

**Before Pick-up at HOTEL (post layover):** Please rate "1= not at all" through "5 = very much" as each applies for about the last hour or so.

**POOR CONCENTRATION**

|  |  |
|--|--|
| 1. DIFFICULTY CONCENTRATING                    |  |
| 2. HARD TIME PAYING ATTENTION                  |  |
| 3. CAN'T STAY AT A TASK                        |  |
| 4. DISTRACTIBLE WHILE DOING THINGS             |  |
| 5. HAVING TO RE-READ MATERIAL                  |  |
| 6. LOSING TRACK OF CONVERSATIONS               |  |
| 7. HAVING TO PAY EXTRA ATTENTION TO UNDERSTAND |  |
| 8. DAYDREAMING                                 |  |
| 9. NOT THINKING STRAIGHT/ EFFICIENTLY          |  |

**BOREDOM**

|  |  |
|--|--|
| 1. NOTHING SEEMS INTERESTING           |  |
| 2. NOT CARING ABOUT WHAT IS HAPPENING  |  |
| 3. NONE OF THIS IS FUN ANYMORE         |  |
| 4. NOT INTERESTED IN WHAT IS HAPPENING |  |
| 5. INDIFFERENT                         |  |
| 6. BORED WITH MISSION                  |  |
| 7. TIRED OF SAME OLD THING             |  |
| 8. THINGS ARE TEDIOUS                  |  |
| 9. TIME IS PASSING TOO SLOWLY          |  |

**SLOWED REACTIONS**

|                                  |  |
|----------------------------------|--|
| 1. NOT MOVING VERY MUCH          |  |
| 2. JUST LOOKING AROUND           |  |
| 3. HAVING TO THINK BEFORE ACTING |  |
| 4. THINGS SEEM IN SLOW MOTION    |  |
| 5. ARMS FEEL HEAVY               |  |
| 6. REACTIONS ARE SLOWED          |  |
| 7. MOVEMENTS SEEM DELAYED        |  |
| 8. CAN'T KEEP UP WITH TASKS      |  |
| 9. RESPONDING TAKES EFFORT       |  |

**ANXIETY**

|                            |  |
|----------------------------|--|
| 1. FEEL ANXIOUS            |  |
| 2. FEEL TENSE IN MUSCLES   |  |
| 3. FEEL NERVOUS            |  |
| 4. WORRIED ABOUT THINGS    |  |
| 5. MUSCLES ARE JITTERY     |  |
| 6. TAPPING FINGERS OR FOOT |  |
| 7. STOMACH FEELS UPSET     |  |
| 8. JUMPY                   |  |
| 9. VIGILANT                |  |

**DEPRESSION**

|                                      |  |
|--------------------------------------|--|
| 1. FEEL DEPRESSED                    |  |
| 2. FEEL UNHAPPY                      |  |
| 3. FEEL SAD                          |  |
| 4. NOT ENJOYING THIS                 |  |
| 5. FEEL DISCOURAGED                  |  |
| 6. WISH I FELT HAPPIER               |  |
| 7. WORRIED I MIGHT NEVER FEEL BETTER |  |
| 8. NO CONTROL OVER ANY OF THIS       |  |

9. WHAT I DO DOESN'T MATTER

| Before Pick-up at HOTEL (post-layover) |      |      |      |      |      |      |      |      |      |      |      |      | Circle Log-Time |  |
|--|------|------|------|------|------|------|------|------|------|------|------|------|-----------------|--|
| JFK                                    | 2100 | 2200 | 2300 | 0000 | 0100 | 0200 | 0300 | 0400 | 0500 | 0600 | 0700 | 0800 |                 |  |
| GMT                                    | 0200 | 0300 | 0400 | 0500 | 0600 | 0700 | 0800 | 0900 | 1000 | 1100 | 1200 | 1300 |                 |  |
| BOM                                    | 0730 | 0830 | 0930 | 1030 | 1130 | 1230 | 1330 | 1430 | 1530 | 1630 | 1730 | 1830 |                 |  |
| Activity                               |      |      |      |      |      |      |      |      |      |      |      |      |                 |  |
| Fatigue                                |      |      |      |      |      |      |      |      |      |      |      |      |                 |  |
| Rating                                 |      |      |      |      |      |      |      |      |      |      |      |      |                 |  |
| JFK                                    | 0900 | 1000 | 1100 | 1200 | 1300 | 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 |                 |  |
| GMT                                    | 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 | 2100 | 2200 | 2300 | 0000 | 0100 |                 |  |
| BOM                                    | 1930 | 2030 | 2130 | 2230 | 2330 | 0030 | 0130 | 0230 | 0330 | 0430 | 0530 | 0630 |                 |  |
| Activity                               |      |      |      |      |      |      |      |      |      |      |      |      |                 |  |
| Fatigue                                |      |      |      |      |      |      |      |      |      |      |      |      |                 |  |
| Rating                                 |      |      |      |      |      |      |      |      |      |      |      |      |                 |  |

**AWAKENINGS and REASON** (EXAMPLE: 5 Min. @ 0430; turbulence)

- \_\_\_\_\_ min. at \_\_\_\_\_
- \_\_\_\_\_ min. at \_\_\_\_\_
- \_\_\_\_\_ min. at \_\_\_\_\_

**Sleep Rating** (Please circle one number for each item)

|                |               |   |   |   |   |   |           |
|----------------|---------------|---|---|---|---|---|-----------|
| Falling asleep | Not Difficult | 1 | 2 | 3 | 4 | 5 | Difficult |
| My sleep was   | Not Deep      | 1 | 2 | 3 | 4 | 5 | Deep      |
| Arising was    | Not Difficult | 1 | 2 | 3 | 4 | 5 | Difficult |
| I now feel     | Not Rested    | 1 | 2 | 3 | 4 | 5 | Rested    |

**VISUAL ANALOG SCALE**

very little-----very much

- How alert do you feel?  
\_\_\_\_\_
- How sad do you feel?  
\_\_\_\_\_
- How tense do you feel?  
\_\_\_\_\_
- How much of an effort is it to do anything?  
\_\_\_\_\_
- How happy do you feel?  
\_\_\_\_\_
- How weary do you feel?  
\_\_\_\_\_
- How calm do you feel?  
\_\_\_\_\_
- How sleepy do you feel?  
\_\_\_\_\_

**Sleep & Alertness Strategies:** \_\_\_\_\_

**CAFFEINE & H2O INTAKE** (coffee, tea, soda, water, other)

TYPE \_\_\_\_\_ AMT \_\_\_\_\_ TIME \_\_\_\_\_



**Notes/Comments during flight** (e.g., excessive turbulence, cabin noise, something irritating happened, or whatever...)

**ARR (post-flight) Circle Log-Time**

|          |      |      |      |      |      |      |      |      |      |      |      |      |
|----------|------|------|------|------|------|------|------|------|------|------|------|------|
| JFK      | 2100 | 2200 | 2300 | 0000 | 0100 | 0200 | 0300 | 0400 | 0500 | 0600 | 0700 | 0800 |
| GMT      | 0200 | 0300 | 0400 | 0500 | 0600 | 0700 | 0800 | 0900 | 1000 | 1100 | 1200 | 1300 |
| BOM      | 0730 | 0830 | 0930 | 1030 | 1130 | 1230 | 1330 | 1430 | 1530 | 1630 | 1730 | 1830 |
| Activity |      |      |      |      |      |      |      |      |      |      |      |      |
| Fatigue  |      |      |      |      |      |      |      |      |      |      |      |      |
| Rating   |      |      |      |      |      |      |      |      |      |      |      |      |
| JFK      | 0900 | 1000 | 1100 | 1200 | 1300 | 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 |
| GMT      | 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 | 2100 | 2200 | 2300 | 0000 | 0100 |
| BOM      | 1930 | 2030 | 2130 | 2230 | 2330 | 0030 | 0130 | 0230 | 0330 | 0430 | 0530 | 0630 |
| Activity |      |      |      |      |      |      |      |      |      |      |      |      |
| Fatigue  |      |      |      |      |      |      |      |      |      |      |      |      |
| Rating   |      |      |      |      |      |      |      |      |      |      |      |      |

**AWAKENINGS and REASON** (EXAMPLE: 5 Min. @ 0430; turbulence)

1. \_\_\_\_\_ min. at \_\_\_\_\_
2. \_\_\_\_\_ min. at \_\_\_\_\_
3. \_\_\_\_\_ min. at \_\_\_\_\_

**Sleep Rating** (Please circle one number for each item)

|                |               |   |   |   |   |   |           |
|----------------|---------------|---|---|---|---|---|-----------|
| Falling asleep | Not Difficult | 1 | 2 | 3 | 4 | 5 | Difficult |
| My sleep was   | Not Deep      | 1 | 2 | 3 | 4 | 5 | Deep      |
| Arising was    | Not Difficult | 1 | 2 | 3 | 4 | 5 | Difficult |
| I now feel     | Not Rested    | 1 | 2 | 3 | 4 | 5 | Rested    |

**VISUAL ANALOG SCALE**

very little-----very much

1. How alert do you feel?  
\_\_\_\_\_
2. How sad do you feel?  
\_\_\_\_\_
3. How tense do you feel?  
\_\_\_\_\_
4. How much of an effort is it to do anything?  
\_\_\_\_\_
5. How happy do you feel?  
\_\_\_\_\_
6. How weary do you feel?  
\_\_\_\_\_
7. How calm do you feel?  
\_\_\_\_\_
8. How sleepy do you feel?  
\_\_\_\_\_

**Sleep & Alertness Strategies:** \_\_\_\_\_

**CAFFEINE & H2O INTAKE (coffee, tea, soda, water, other)**

TYPE \_\_\_\_\_ AMT \_\_\_\_\_ TIME \_\_\_\_\_

**Layover Circle Log-Time**

|          |      |      |      |      |      |      |      |      |      |      |      |      |
|----------|------|------|------|------|------|------|------|------|------|------|------|------|
| JFK      | 2100 | 2200 | 2300 | 0000 | 0100 | 0200 | 0300 | 0400 | 0500 | 0600 | 0700 | 0800 |
| GMT      | 0200 | 0300 | 0400 | 0500 | 0600 | 0700 | 0800 | 0900 | 1000 | 1100 | 1200 | 1300 |
| BOM      | 0730 | 0830 | 0930 | 1030 | 1130 | 1230 | 1330 | 1430 | 1530 | 1630 | 1730 | 1830 |
| Activity |      |      |      |      |      |      |      |      |      |      |      |      |
| Fatigue  |      |      |      |      |      |      |      |      |      |      |      |      |
| Rating   |      |      |      |      |      |      |      |      |      |      |      |      |
| JFK      | 0900 | 1000 | 1100 | 1200 | 1300 | 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 |
| GMT      | 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 | 2100 | 2200 | 2300 | 0000 | 0100 |
| BOM      | 1930 | 2030 | 2130 | 2230 | 2330 | 0030 | 0130 | 0230 | 0330 | 0430 | 0530 | 0630 |
| Activity |      |      |      |      |      |      |      |      |      |      |      |      |
| Fatigue  |      |      |      |      |      |      |      |      |      |      |      |      |
| Rating   |      |      |      |      |      |      |      |      |      |      |      |      |

**Sleep Rating** (Please circle one number for each item)

|                |               |   |   |   |   |   |           |
|----------------|---------------|---|---|---|---|---|-----------|
| Falling asleep | Not Difficult | 1 | 2 | 3 | 4 | 5 | Difficult |
| My sleep was   | Not Deep      | 1 | 2 | 3 | 4 | 5 | Deep      |
| Arising was    | Not Difficult | 1 | 2 | 3 | 4 | 5 | Difficult |
| I now feel     | Not Rested    | 1 | 2 | 3 | 4 | 5 | Rested    |

**VISUAL ANALOG SCALE**

very little-----very much

1. How alert do you feel?  
\_\_\_\_\_
2. How sad do you feel?  
\_\_\_\_\_
3. How tense do you feel?  
\_\_\_\_\_
4. How much of an effort is it to do anything?  
\_\_\_\_\_
5. How happy do you feel?  
\_\_\_\_\_
6. How weary do you feel?  
\_\_\_\_\_
7. How calm do you feel?  
\_\_\_\_\_
8. How sleepy do you feel?  
\_\_\_\_\_

**Notes/Comments during layover**