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.

<u>Activity</u> <u>Rating</u>

A = Awake 1 = Well Rested

R = Resting 2 = Moderately Rested S = **Sleep (>15 min)** 3 = Slightly Rested N = Nap (\leq 15 min) 4 = Not at all Rested

T = PVT Test Time

<u>Fatigue</u>

- 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		(Circ	cle	Lo	g-	<u> Tim</u>	ie l	Bel	ow																		
JFK	21	.00	22	00	23	00	00	00	01	.00	02	00	03	00	04	00	05	600	06	00	07	00	08	00				
GMT	02	00	03	00	04	00	05	00	06	00	07	00	08	00	09	00	10	000	11	.00	12	00	13	00				
BOM	07	30	08	30	0930		0930		10	1030		1130		1230		1330		1430		1530		30	1730		18	30		
Activity	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	A	A	Α	Α	Α	Α	A				
Fatigue																			3									
Rating																			2									
JFK	09	00	10	00	11	00	12	00	13	00	14	00	15	00	16	00	17	00	18	00	19	00	20	00				
GMT	14	400 1		1500		T600		1600		00	18	00	19	00	20	00	21	.00	22	2200 2300		2200		00	00	00	01	.00
BOM	1930		20	2030		2130		2130		2130		30	23	30	00	0030		0130		0230		0330 0		30	05	30	06	30
Activity	A	A	Α	A	A	A	A	A	A	Т	A	Α	A	A	R	R	A	A	A	A	Α	A	S	S				
Fatigue										3						3						5						
Rating										3																		

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

SEGWED 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

BEITESSION	
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	

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Activity																								
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Activity																								
Fatigue																								
Rating																								
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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:														le									
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GMT	020																						
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Activity																							
Fatigue																							
Rating																							
JFK	090																						
GMT	140																						
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Activity																							
Fatigue																							
Rating																							
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3. How to	ense	do	you	fe	el?																		
4. How n	nuch	of a	an e	ffo	rt is	it	to c	lo a	any	thir	ng?	,											
5. How h	appy	/ do	you	ı fe	el?	,																	
6. How v	veary	do do	you	ı fe	el?	,																	
7. How c	alm	do y	/ou	fee	l?																		
8. How s	leep	y dc	yo	u fe	eel?	?																	
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TYPE							ΑN	1T						Т	IMI	Ε							

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

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	
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WORK FRUSTRATION

1. PREFER TO NOT WORK NOW	
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4. TOO MUCH IS EXPECTED OF ME RIGHT NOW	
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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

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

POOR CONCENTRATION

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	6. SKIN STICKY/ DIRTY	
	7. WHAT I'M WEARING IS UNCOMFORTABLE	
ſ	8. HEAD ACHES	

0 = 1/= 0 = 1 = = 5		
9. EYES TIRED	9. EYES TIRED	

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	
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	6. WISH I FELT HAPPIER	
	7. WORRIED I MIGHT NEVER FEEL BETTER	
	8. NO CONTROL OVER ANY OF THIS	

		_	_	_																				
Before Pick-up at HOTEL (post-layover) Circle Log-Time																								
JFK	21	00	22	00	2300		0000		0100		02	00	0300		0400		0500		0600		0700		0800	
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Notes/Comments during flight (e.g., excessive turbulence, cabin noise, something irritating happened, or whatever...)

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Activity																								
Fatigue																								
Rating																								
AWAKENINGS and REASON (EXAMPLE: 5 Min. @ 0430; turbulence) 1min. at 2min. at 3min. at Sleep Rating (Please circle one number for each item)																								
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Notes/Comments during layover