



**T&E Passenger  
Service Employee  
Daily Log**

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

If you have questions, you can contact:

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## Instructions for T&E Passenger 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, breaks / interim release, and limbo time follows the self-ratings.

Please assign the time in each day to one of the six 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. Place an "X" on the vertical line in the "Sleep" column when your sleep is interrupted. Next to the "X", write the actual time of the interruption and if the interruption occurred because of personal reasons (write "P") or was work-related (write "W"). Be sure to record all sleep periods, including naps. You should report all naps that you take during work, break / interim release, and limbo.

For the purpose of the survey, a *break* is defined as a period less than four hours in length when you are not operating the train, but are still considered on duty. *Interim release* is defined as a period of four hours or more at a designated terminal. Record breaks and interim release in the same column. Place a "T" next to a period of interim release or break if the time is spent on your train. Place an "O" next to these periods if the time is spent off of your train.

Limbo time is defined as time that is neither on duty nor off duty. It is the time after which Hours of Service expire and an employee stops operating the train until he or she is released from duty. A common example of limbo time occurs when an employee is waiting for transportation such as a taxicab, jitney or deadheading to the point of final release, including the time spent traveling to the final release point.

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 two sample entries for two consecutive days. These examples illustrate how to record information in this log book. The first example is for a straight through assignment. The second is an example that shows how to log a split assignment.

## **Study Compensation**

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

## Sample Entry 1 - Straight Through Assignment

Sunday night you go to sleep sometime before midnight, and you wake up at 6:30 a.m. Monday morning. You are scheduled to begin work today at 5 p.m. During the day, you decide to work around the house, run errands, and interact with your kids, until you have to get ready for work. You prepare for work, get in your car at 4:15 p.m., and arrive at work at 4:50 p.m. You report for duty at 5 p.m.

You proceed to work through the night, and into Tuesday morning. Your shift ends at 1:45 a.m. You drive home and watch television for a half an hour before you go to bed at 2:50 a.m. At 7 a.m. you are awakened by your family leaving for work and school. You go back to sleep and finally wake up at 10:30 a.m.

During the day you mow the lawn and go to a doctor's appointment. Before you pick up your kids from school, you take a short nap from 2-3 p.m. After you pick the kids up, you have an early dinner and then leave the house once again at 4:15 p.m. arriving at work at 4:45 p.m. You report for work at 5 p.m., however, the train is delayed by 10 minutes. You work through midnight.

# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight	H 0000					
0200						
0400						
0600	A 0630	A 0630				
0800						
1000						
1200						
1400						
1600		A 1615	A 1615 I 1650	A 1650		
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an "X" in the sleep column and record the time and reason (**P** = personal, **W** = work).

# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200	H 0250	I 0200 0250	I 0145 0220			
0400						
0600						
0800	X P					
1000						
1030		I 1030				
1200						
1400		I 1400				
1500		I 1500				
1600		I 1615	I 1615 1645			
1645				I 1645		
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).

## Sample Entry 2 - Split Assignment

It's Thursday night and your last day of work for the week is tomorrow. You go to sleep sometime before midnight, and you wake up at 4 a.m. Friday morning. You have breakfast, get ready, and depart from your home at 5:15 a.m. You arrive at work at 5:45 a.m. and report for duty at 5:50 a.m. At 10:30 a.m. you have interim release and report to the company provided quiet room. You read for a short while before you take a nap from noon to 2 p.m.. Prior to returning to duty, you take a short walk. After a 4.5 hour interim release, you work until 7:40 p.m.

After work you immediately drive home arriving at 8:10 p.m. You shower, get ready, and go out for a late dinner and a movie. You get back home and go to bed at midnight. At 5 a.m. you are awakened by a crew caller inquiring if you are qualified for a territory that needs to be covered for the weekend. You tell them that you are not qualified and cannot cover the territory. You go back to sleep and wake up at 8 a.m.

During the day you visit your family and then run errands. You spend the rest of the day with your friends returning home at 10 p.m. You go to bed at 10:30 p.m.



# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight	H					
0200			I 0145 I 0220			
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an "X" in the sleep column and record the time and reason (**P = personal**, **W = work**).

# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight	H					
0200						
0400						
0600						
0800	0800	0800				
1000						
1200						
1400						
1600						
1800						
2000						
2200	2230	2230				
Midnight						

When your **sleep** is **interrupted**, place an "X" in the sleep column and record the time and reason (**P** = personal, **W** = work).

# Day 1

Date \_\_\_\_ / \_\_\_\_ / 2009

## Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an "X" in the sleep column and record the time and reason (**P** = personal, **W** = work).



## Day 2

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert



# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).



## Day 3

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1                      2                      3                      4                      5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1                      2                      3                      4                      5

Very sleepy

Very alert

# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an "X" in the sleep column and record the time and reason (**P = personal, W = work**).



## Day 4

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1                      2                      3                      4                      5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1                      2                      3                      4                      5

Very sleepy

Very alert



# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).



## Day 5

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an "X" in the sleep column and record the time and reason (**P = personal**, **W = work**).



## Day 6

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1                      2                      3                      4                      5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1                      2                      3                      4                      5

Very sleepy

Very alert



# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).



## Day 7

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).



## Day 8

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert



# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an "X" in the sleep column and record the time and reason (**P = personal**, **W = work**).



## Day 9

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).



## Day 10

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert



# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).



# Day 11

Date \_\_\_\_ / \_\_\_\_ / 2009

## Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).



## Day 12

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert



# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).



## Day 13

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).



## Day 14

Date \_\_\_\_ / \_\_\_\_ / 2009

### Sleep Quality Assessments

Rate your sleep upon rising 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

## Alertness Assessments

Rate how you feel at the start and end of work.

If the work period ends tomorrow, record your end of work rating on tomorrow's assessment

### 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

Complete the second set of ratings if you have two work periods that begin on this day.

### 2nd Start of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert

### 2nd End of Work

Indicate how you feel now

1

2

3

4

5

Very sleepy

Very alert



# Activity

Enter actual start and end time for all activities.

	Sleep A=away H=home	Personal	Commute	Work	Break/Interim Release T=on train O=off train	Limbo
Midnight						
0200						
0400						
0600						
0800						
1000						
1200						
1400						
1600						
1800						
2000						
2200						
Midnight						

When your **sleep** is **interrupted**, place an **"X"** in the sleep column and record the time and reason (**P = personal, W = work**).



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 \_\_\_\_\_

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*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 (T&E) passenger service employees. The study results will inform possible future FRA policy and regulatory actions in passenger service, will assist the railroad industry in addressing any work-schedule related fatigue issues of passenger 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 private to the extent permitted by law, 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 15 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 OMB No. XXXX-XXXX and the expiration date is Month DD, Year.

