

Data Collection Period # _____

Use the following fatigue and sleepiness ratings for your responses.

FATIGUE RATING:

- 1 = extremely alert, wide awake, feeling motivated to work
- 2 = very alert, lively, responsive, but not at peak, very easy to think and function
- 3 = alert, somewhat refreshed, easy to think about what you are doing
- 4 = fairly alert, able to think about what you are doing
- 5 = neither tired nor alert, not feeling refreshed
- 6 = somewhat tired, dragging
- 7 = tired, difficult to think about what you are doing
- 8 = very tired, some exhaustion, very difficult to think or function
- 9 = extremely tired, completely exhausted, cannot function or think clearly

SLEEPINESS RATING:

- 1 = extremely alert
- 2 = very alert
- 3 = alert
- 4 = fairly alert
- 5 = neither sleepy nor alert
- 6 = some signs of sleepiness
- 7 = sleepy, but no effort to stay alert
- 8 = very sleepy, some effort to keep alert
- 9 = extremely sleepy, fighting sleep, great effort to stay alert

Data Collection Period # _____

Use the following definition of alcoholic dosages for your responses.

Standard Dosage of Alcoholic Drinks:

1 beer = 12 oz.

1 glass wine = 5 oz.

1 shot of distilled spirits/liquor = 1.5 oz.

[Proceed to the Psychomotor Vigilance Test]

Figure 1. Screenshots. PVT-B performed on the smartphone data collection app.

