

Psychomotor Vigilance and Sleep Deprivation: A Field Study

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ABSTRACT:

This presentation will discuss two of the projects I worked on during my time at the Naval Postgraduate School. The first is the database used for storing the data collected during the continuing USMA longitudinal sleep study. The second is the GRADE situational awareness project, its data collection methods, and its associated database. Finally, I will cover a current sleep study which I researched at NPS. This study examines the relationship between sleep deprivation and psychomotor vigilance in the field.

A study conducted by Belenky et. al. in 2003 demonstrated a clear relationship between psychomotor vigilance and sleep deprivation. This study attempts to replicate Belenky's study in a field environment, specifically during Cadet Field Training at the United States Military Academy. The study also examines the differences in predicted effectiveness between the leadership and soldiers of the platoon studied. Finally, the study also examines the sleep recovery following the end of CFT.

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