Sleep/Fatigue Risk (#13) MLD

10/20/09

NASA

Risk of Performance Errors Due to Fatigue Resulting From Sleep Loss, Circadian Desynchronization, Extended Wakefulness and Work Overload

PERFORMANCE ERRORS

Linked with HHC (Sensorimotor)

Fatigue

Sleep loss	Circadian desynchronization	Work overload	Extended wakefulness

Environment (e.g. habitat layout, air pressure, lighting, noise, temperature)	Individual (e.g. medication use, sleep hygiene, depression, injury)	Mission (e.g. task requirements, sleep shifting, work schedule)

Linked with SHFH

Linked with HHC (Pharma)

Linked with SHFH