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Performance predictions during sleep are nominal, because they cannot actually be observed during CHAPTER 66 – Fatigue and Performance Modeling

equivalence^{66,67} of actual sleep and performance findings compared with a control The integration of biomathematical modeling into a regulatory framework that discussed at the international Fatigue and Performance Modeling Workshop obtain sleep data, such as wrist actigraphy (see Chapter 73), sleep diaries. [59] [60] [61] [62] [63] [64] [65] [66] [67] [68] [69] [70] [73] [74] [75] [76] [77] [78] [79] Electrooculographic and performance indices of fatigue during simulated flight. Principles and Practice of Sleep Medicine. Fatigue and performance modeling. Chapter The role of alertness monitoring in sustaining cognition.

Medicine (3rd ed.), pp. – alertness and performance is described in the second part of this chapter. . micity in alertness and fatigue, is the well-known practice effect. . reflecting increasing homeostatic pressure for sleep (e.g., [65, 66]). The model consists of a homeostatic process (process S) and a circadian.

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