

Flight Attendant Work/Rest Patterns, Alertness, and Performance Assessment



Dear Flight Attendant,

The U.S. Congress and the President have directed the FAA Civil Aerospace Medical Institute (CAMI) in Oklahoma City to conduct research concerning fatigue among U. S. flight attendants. To this end, the FAA, in cooperation with the Institutes for Behavior Resources (IBR), is conducting a **Field Study** on activity, sleep, and mental fatigue experienced by US flight attendants. Initially, we sought 210 volunteers for this multi-week study. To date, 124 volunteers have completed the study. Our request at this time is for an additional 86 volunteers, with a majority needed from low-cost carriers.

- Participants must be active flight attendants.
- Participants will wear a wristwatch-shaped device on their non-dominant wrist (records activity and sleep) throughout the study, and a pedometer on their ankle (measures number of steps taken) when working.
- Using a portable handheld electronic device (a PDA), participants will complete an activity log and various self-report questionnaires and reaction time assessments every day (work and non-work days) throughout the study.
- Total time spent on the study is about 1-2 hrs per day, broken up across several ~15 min logbook/task sessions throughout each day.
- All data will be kept confidential by IBR and will not be personally identifiable to the participants' employers or officials from the FAA.
- Participants may receive up to **\$400** upon completion of the study and safe return of the research equipment.

If you are interested in participating, volunteers may do so online at:
<http://www.xyant.com/FAFieldStudy.htm>

The website explains how the study is conducted, requests information about the type of trips you typically fly, how to contact you, and provides a point of contact for further information and answers to your questions. Study personnel from an independent research institute (IBR) will contact you directly regarding your assignment. We encourage you to consider volunteering to participate in this important study. If you are interested, please volunteer today.