

Polyphasic Sleeping on the Road

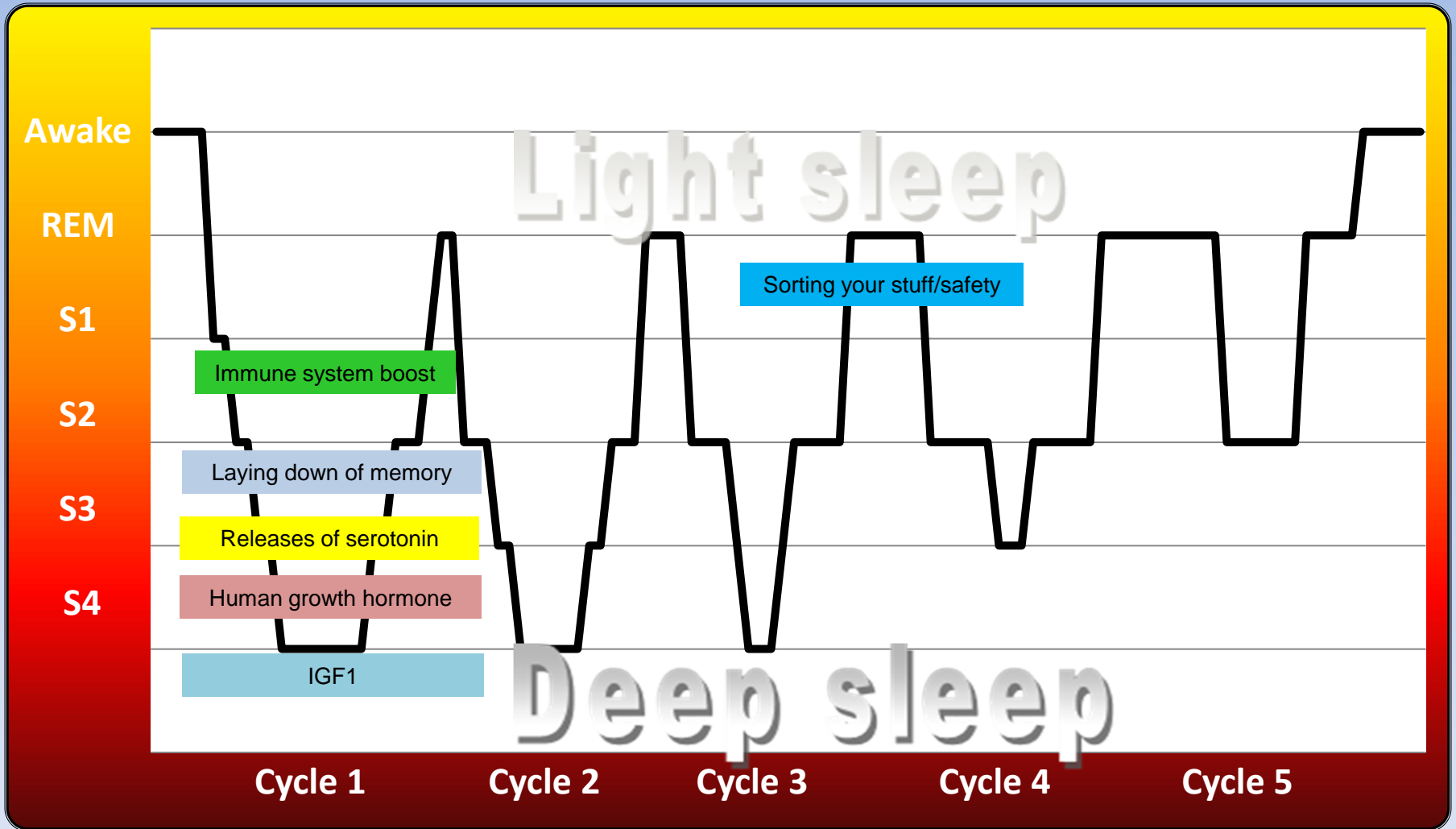


Beyond Midnight
Consulting

Dr Nick Mabbott

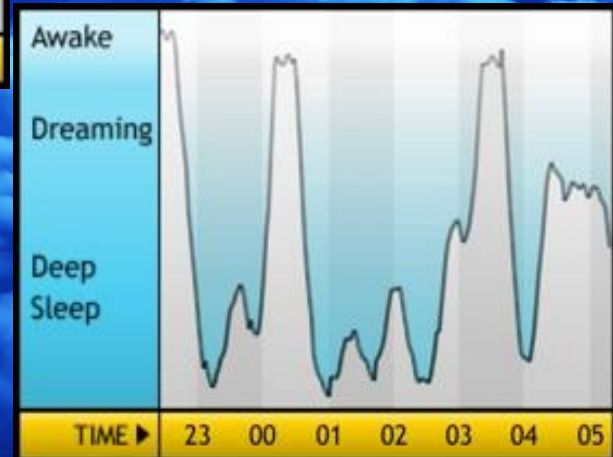
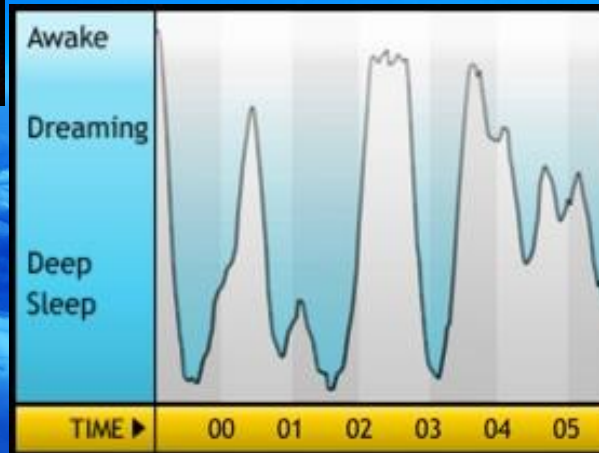
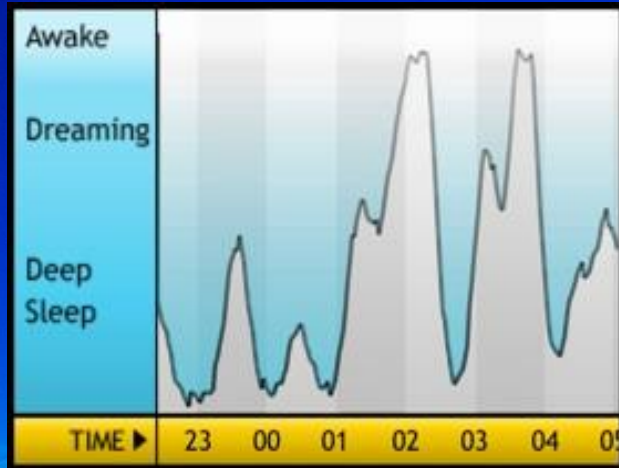


Sleep Stages & Cycles of a single sleep



Polyphasic sleep involves sleeping over more than two sleeping periods each day.

6-Hour Sleeps Sleep Cycle Alarm app



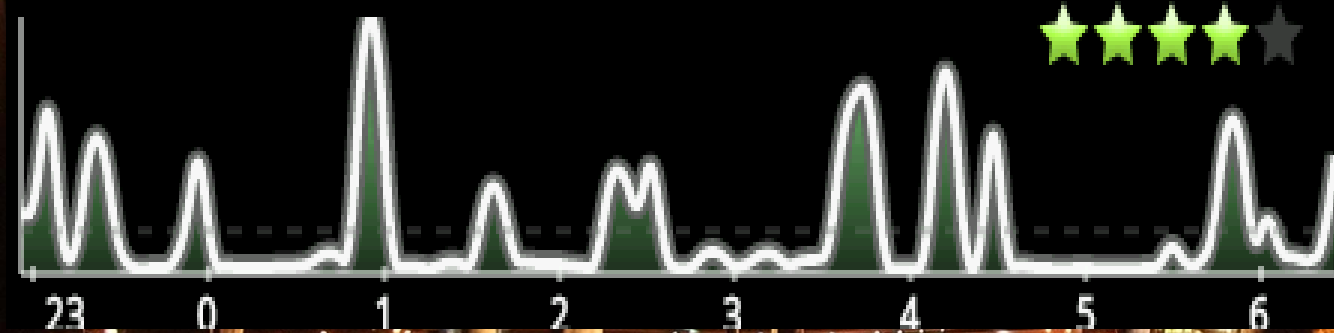
7.5 - Hour Sleeps

Sleep as Android

17/06 10:55 PM → 18/06 6:30 AM
(7:34)

Scheduled: 18/06 7:05
AM

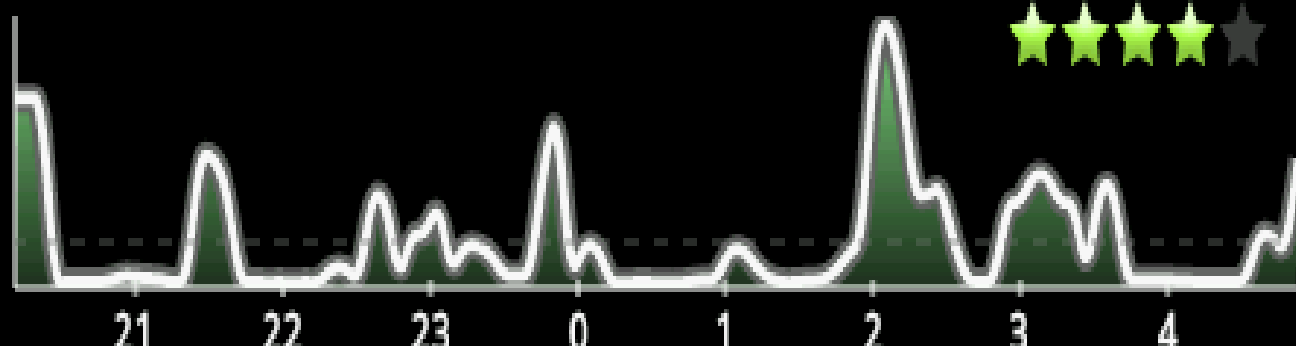
★★★★★



06/05 8:10 PM → 07/05 4:58 AM
(8:47)

Scheduled: 07/05 5:10
AM

★★★★★



Sleep to drive/work safe – Dr Nick’s Challenge

Before you
get tired



STOP

Refresh &
keep alert!



Have 7.5 hours of sleep every 24 hours

For each hour less than that, add more controls

If it's five or less hours, reconsider driving!

Fatigue symptoms - Tired

Wandering thoughts, daydreaming

Restless in the seat

Tired eyes (not sleepy), that itchy-scratchy feeling



A short break.

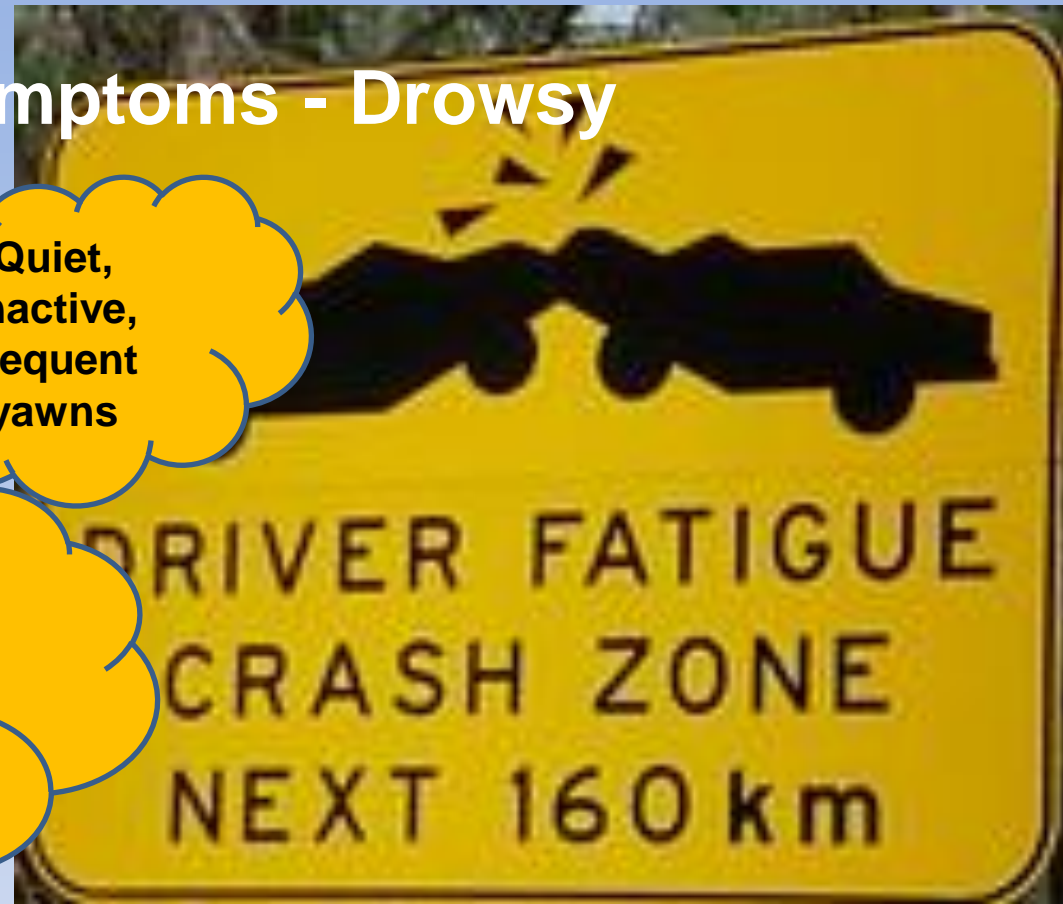
**Fresh air, cool water and bright light will also assist.
Stretches and body movement will benefit you greatly..**

Fatigue symptoms - Drowsy

**Eyelids wanting
to close
Losing focus**

**Quiet,
inactive,
frequent
yawns**

**Losing speed and not
maintaining headway
distances
Poor lane tracking**



As per previous slide.

Should notify base, or supervisor that you need to stop
20-minute nap would be the minimum sleep requirement..

Empty Field Myopia



Fatigue symptoms - Sleepy

Hypnagogic jerks
and startle
response

Slow eye closures
and memory loss

Micro sleeps

Notify base/supervisor immediately.

Will need a nap or a sleep cycle or two in a safe/secure location..

4
11. JA

Micro Sleep on the Road



Summary

- Sleep cleans the brain and gives you tomorrow's brain energy
- Driving....stop before you get tired!
- You have more control over your health than you think
- Remember to.... *“Eat well, move often and sleep like a champion!..*



YouTube Channel
“The Wonder of Sleep” series.
Please subscribe.

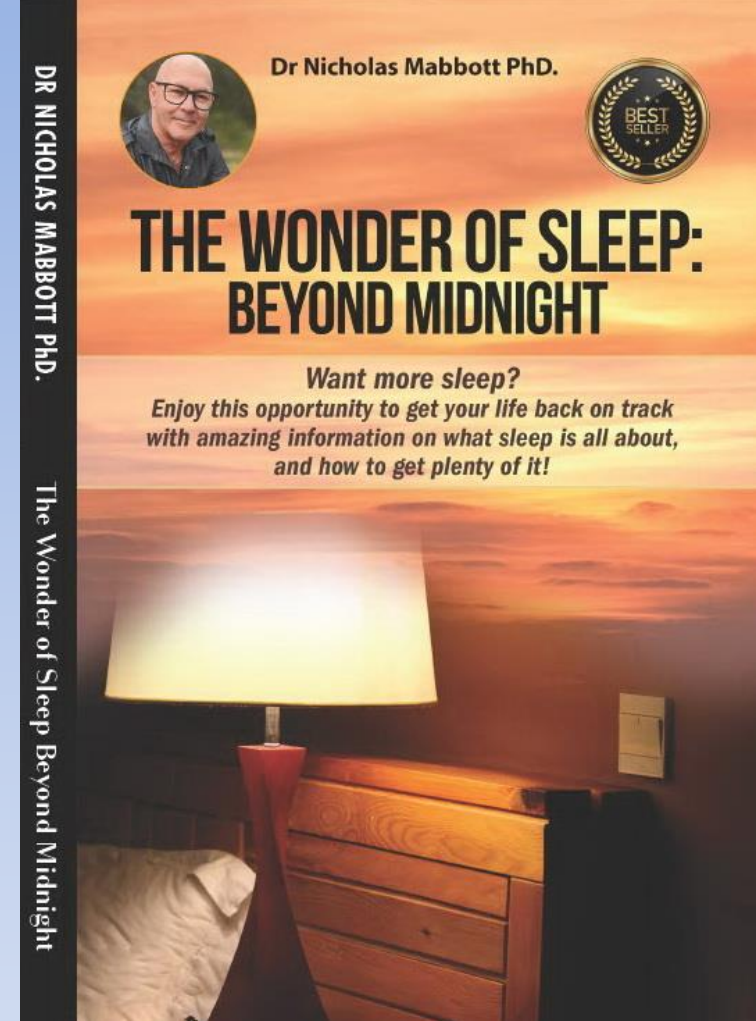


Sleep meditation playlist
“Beyond Midnight” out now.



Beyond Midnight
Consulting

Free posters on the website
www.beyondmidnight.org



Book available now!