Sleep/Fatigue Risk (#13) MLD
Risk of Performance Errors Due to Fatigue Resulting From Sleep Loss, Circadian Desynchronization, Extended Wakefulness and Work Overload

PERFORMANCE ERRORS

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 HHIC (Sensorimotor)

Linked with SHFH

Linked with HHIC (Pharma)

Linked with SHFH