Risk of Performance Decrement and Adverse Health Outcomes Resulting from Sleep Loss, Circadian Desynchronization, and Work Overload

Sleep Loss
- Operational Demands
- Environmental Factors
  - Radiation
  - Lack of lighting cues
  - Noise
  - Temperature
- Individual Factors
  - Stress
  - Resilient/Vulnerable

Circadian Misalignment
- Operational Demands
- Environmental Factors
  - Radiation
  - Lack of lighting cues
  - Noise
  - Temperature
- Individual Factors
  - Chronotype

Work Overload
- Operational Demands
  - Visiting vehicles
  - Hardware repairs
  - EVAs
  - Critical Ops
- Environmental Factors
  - Confined and limited volume
- Individual Factors