

Fatigue Report Flagman for Federal Railroad Administration

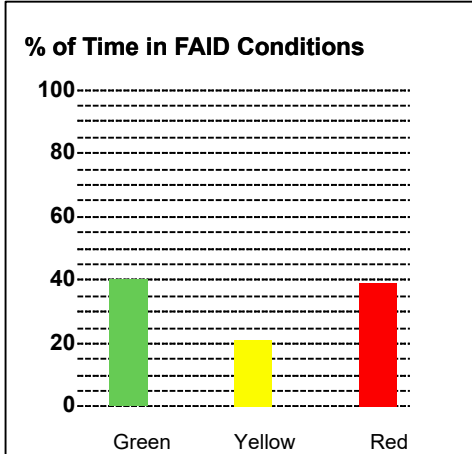
17 Apr 23

Analysis Details

Start Date	8 Feb 23	
Period	5 weeks	
Individuals	1	
KSS Tolerance Level		6.0
FAID Score Tolerance Level		63

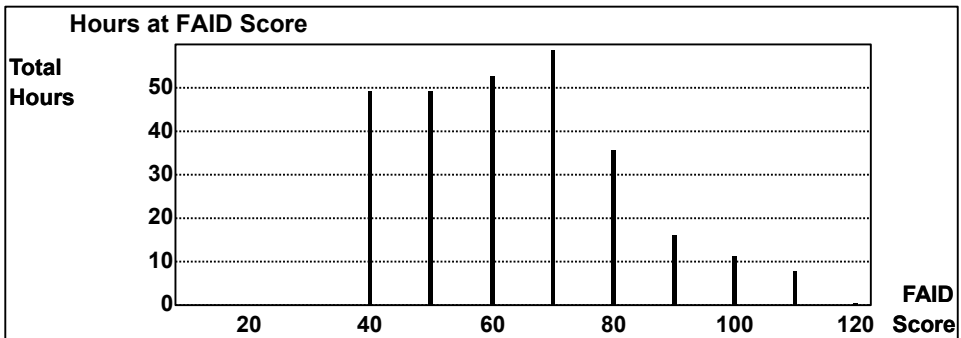
INDICATIVE FATIGUE ASSESSMENT RESULTS

Individuals: 1



Compliance
Hours
61.1%
 Target 00 %

	Total Hours Worked	FAID Condition Green Hours	FAID Condition Yellow Hours	FAID Condition Red Hours
#	282	113	59	110
%	100%	40.2%	20.9%	38.9%



FAID SCORE COMPLIANCE

	Total Hours	Total Hr > Tolerance	Compliance (%)	FAID Condition	FAID Condition	FAID Condition	Peak FAID
Work Schedule	281.5	109.6	61.1	40.2	20.9	38.9	111

	Name	Total Hours	Total Hrs> FTL	Compliance (%)	FAID Condition	FAID Condition	FAID Condition	Peak FAID
1	Flagman	281.5	109.6	61.1	40.2	20.9	38.9	111

PEAK FAID CONDITION WORK PERIODS

Peak FAID Condition	# of Work Periods	% of Work Periods
Green	8	29.6
Yellow	3	11.1
Red	16	59.3
Total	27	100.0

Name	# of Work Periods	# of Work Periods	# of Work Periods	Total	% of Work Periods	% of Work Periods	% of Work Periods
1 Flagman	8	3	16	27	29.6	11.1	59.3

FAID SCORE HOUR OF DAY PROFILE

Total Work Hours = 282

Hours Worked Profile

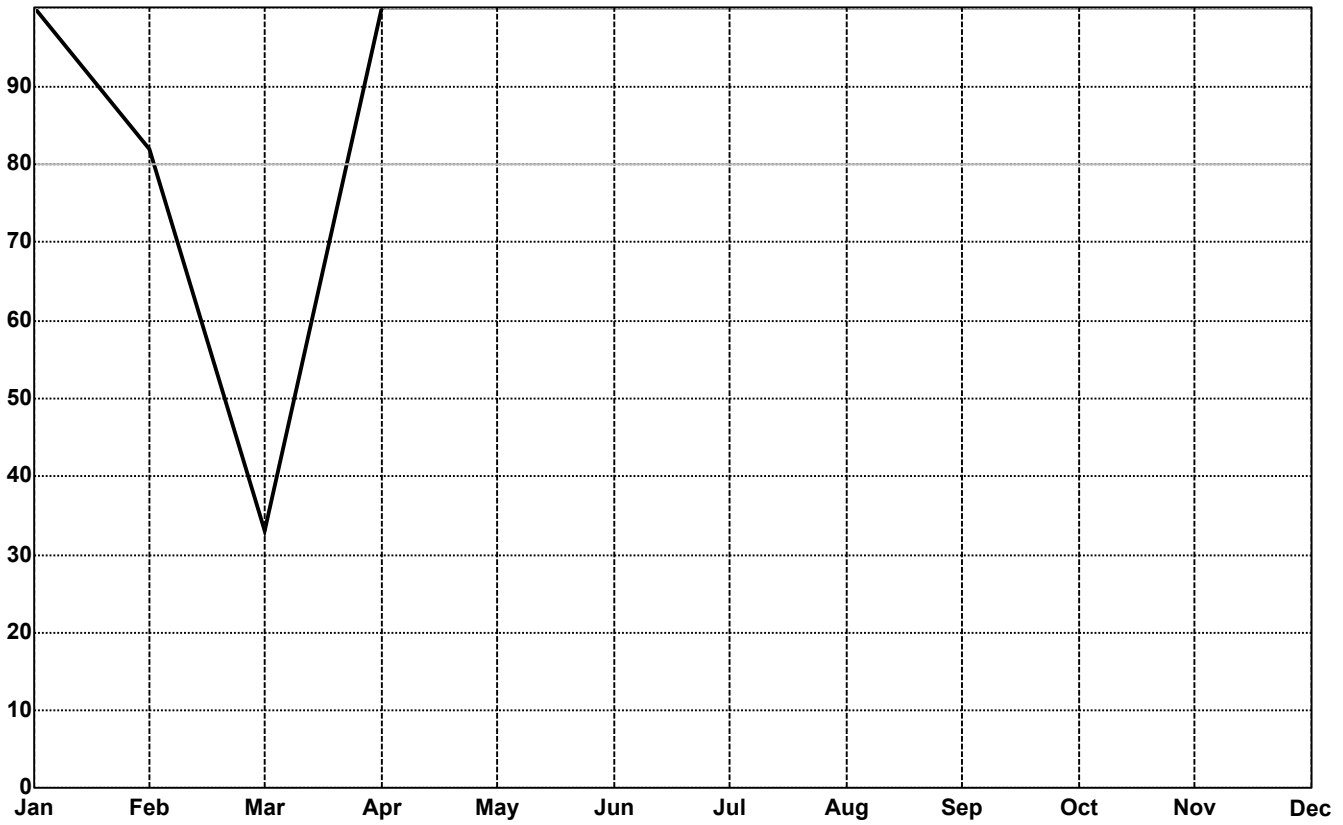
	Hr 1	Hr 2	Hr 3	Hr 4	Hr 5	Hr 6	Hr 7	Hr 8	Hr 9	Hr 10	Hr 11	Hr 12	Hr 13	Hr 14	Hr 15	Hr 16	Hr 17	Hr 18	Hr 19	Hr 20	Hr 21	Hr 22	Hr 23	Hr 24
Sun						2	2	2	2	2	2	2	2	2	2	2	2	2	2	2				
Mon						2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1			
Tue							3	4	4	4	4	4	4	4	4	2	2							
Wed							4	5	5	5	5	5	5	5	5	2	2							
Thu						1	3	4	4	4	4	4	4	4	4	1	1	1	1					
Fri							4	5	5	5	5	5	5	5	5	3	2	1	1	1	1			
Sat							3	5	5	5	5	5	5	5	5	1	1	1	1	1	1			

Percentage (%) of Hours Worked > Tolerance Level

	Hr 1	Hr 2	Hr 3	Hr 4	Hr 5	Hr 6	Hr 7	Hr 8	Hr 9	Hr 10	Hr 11	Hr 12	Hr 13	Hr 14	Hr 15	Hr 16	Hr 17	Hr 18	Hr 19	Hr 20	Hr 21	Hr 22	Hr 23	Hr 24
Sun						100	100	100	100	100	32													
Mon						100	100	100	100	100	96	50	50	50	30					9				
Tue							67	50	50	50	50	50	50	50	41	50	32							
Wed							57	40	40	40	40	40	40	40	37	50	24							
Thu						100	40	25	25	25	25	25	25	25	25	100	42							
Fri							50	40	39	33	22	20	20	20	20	40	36			70	100			
Sat							100	77	40	30	21	20	20	20	20	100	75			88	100			

MONTHLY FAID SCORE COMPLIANCE

Work Schedule



Compliance Target 80 %

FAID SCORE EXPOSURE LOG**Exposure Only**

	Name	Start	End	KSS Condition	KSS Condition	Peak KSS	FAID Condition	FAID Condition	Peak FAID	Non- Work	Work
1	Flagman	11 Feb 23 06:30	11 Feb 23 15:00			4.8	2hr 41min	55min	65	15.5	8.5
2	Flagman	18 Feb 23 06:30	18 Feb 23 15:00			4.8	2hr 41min	55min	65	15.5	8.5
3	Flagman	25 Feb 23 06:30	25 Feb 23 15:00			4.9	2hr 29min	1hr 36min	70	14.0	8.5
4	Flagman	26 Feb 23 05:00	26 Feb 23 19:00	2hr 59min		5.2	5hr 50min	5hr 23min	82	14.0	14.0
5	Flagman	27 Feb 23 05:00	27 Feb 23 20:00	5hr 32min		5.5	5hr 19min	9hr 41min	98	10.0	15.0
6	Flagman	28 Feb 23 06:00	28 Feb 23 17:00	3hr 34min		5.4	31min	10hr 29min	107	10.0	11.0
7	Flagman	1 Mar 23 06:00	1 Mar 23 17:00	2hr 46min		5.2	31min	10hr 29min	107	13.0	11.0
8	Flagman	3 Mar 23 06:00	3 Mar 23 15:30			4.8	4hr 40min	3hr 40min	79	37.0	9.5
9	Flagman	4 Mar 23 06:00	4 Mar 23 15:00			4.9	4hr 48min	3hr 29min	79	14.5	9.0
10	Flagman	5 Mar 23 05:00	5 Mar 23 19:00	3hr 7min		5.2	4hr 23min	5hr 15min	81	14.0	14.0
11	Flagman	6 Mar 23 05:00	6 Mar 23 19:00	4hr 52min		5.5	8hr 5min	5hr 55min	92	10.0	14.0
12	Flagman	7 Mar 23 06:00	7 Mar 23 16:30	3hr 23min		5.3	1hr 52min	8hr 38min	99	11.0	10.5
13	Flagman	8 Mar 23 06:00	8 Mar 23 17:00	2hr 25min		5.1	2hr 8min	8hr 52min	101	13.5	11.0
14	Flagman	9 Mar 23 05:30	9 Mar 23 18:30	3hr 17min		5.2	2hr 5min	10hr 55min	106	12.5	13.0
15	Flagman	10 Mar 23 06:00	10 Mar 23 20:30	3hr 32min		5.3	2hr 46min	11hr 44min	108	11.5	14.5
16	Flagman	11 Mar 23 06:30	11 Mar 23 20:30	2hr 58min		5.3	2hr 22min	11hr 38min	111	10.0	14.0

WORK SCHEDULE

	Name	Start	End	Sleep	KSS Condition	KSS Condition	KSS Condition	Peak KSS	Peak KSS	FAID Condition	FAID Condition
1	Flagman	Feb 7 23 22:38	Feb 8 23 05:30	6hr 52min							
2	Flagman	Feb 8 23 06:30	Feb 8 23 15:00		8hr 30min			4.7	-1.3	8hr 30min	
3	Flagman	Feb 8 23 22:38	Feb 9 23 05:30	6hr 52min							
4	Flagman	Feb 9 23 06:30	Feb 9 23 15:00		8hr 30min			4.8	-1.2	8hr 30min	
5	Flagman	Feb 9 23 22:38	Feb 10 23 05:30	6hr 52min							
6	Flagman	Feb 10 23 06:30	Feb 10 23 15:00		8hr 30min			4.8	-1.2	6hr 51min	1hr 3...
7	Flagman	Feb 10 23 22:38	Feb 11 23 05:30	6hr 52min							
8	Flagman	Feb 11 23 06:30	Feb 11 23 15:00		8hr 30min			4.8	-1.2	4hr 54min	2hr 4...
9	Flagman	Feb 11 23 23:28	Feb 12 23 07:32	8hr 4min							
10	Flagman	Feb 12 23 23:41	Feb 13 23 07:32	7hr 51min							
11	Flagman	Feb 13 23 22:23	Feb 14 23 05:30	7hr 7min							
12	Flagman	Feb 14 23 06:30	Feb 14 23 15:00		8hr 30min			4.6	-1.4	8hr 30min	
13	Flagman	Feb 14 23 22:38	Feb 15 23 05:30	6hr 52min							
14	Flagman	Feb 15 23 06:30	Feb 15 23 15:00		8hr 30min			4.7	-1.3	8hr 30min	
15	Flagman	Feb 15 23 22:38	Feb 16 23 05:30	6hr 52min							
16	Flagman	Feb 16 23 06:30	Feb 16 23 15:00		8hr 30min			4.8	-1.2	8hr 30min	
17	Flagman	Feb 16 23 22:38	Feb 17 23 05:30	6hr 52min							
18	Flagman	Feb 17 23 06:30	Feb 17 23 15:00		8hr 30min			4.8	-1.2	6hr 51min	1hr 3...
19	Flagman	Feb 17 23 22:38	Feb 18 23 05:30	6hr 52min							
20	Flagman	Feb 18 23 06:30	Feb 18 23 15:00		8hr 30min			4.8	-1.2	4hr 54min	2hr 4...
21	Flagman	Feb 18 23 23:28	Feb 19 23 07:32	8hr 4min							
22	Flagman	Feb 19 23 23:41	Feb 20 23 07:32	7hr 51min							
23	Flagman	Feb 20 23 22:23	Feb 21 23 05:30	7hr 7min							
24	Flagman	Feb 21 23 06:30	Feb 21 23 15:00		8hr 30min			4.6	-1.4	8hr 30min	
25	Flagman	Feb 21 23 22:38	Feb 22 23 05:30	6hr 52min							
26	Flagman	Feb 22 23 06:30	Feb 22 23 15:00		8hr 30min			4.7	-1.3	8hr 30min	
27	Flagman	Feb 22 23 22:38	Feb 23 23 05:30	6hr 52min							
28	Flagman	Feb 23 23 06:30	Feb 23 23 15:00		8hr 30min			4.8	-1.2	8hr 30min	
29	Flagman	Feb 23 23 22:16	Feb 24 23 05:00	6hr 44min							
30	Flagman	Feb 24 23 06:00	Feb 24 23 16:30		10hr 30min			4.9	-1.1	8hr 5min	2hr 2...
31	Flagman	Feb 24 23 22:51	Feb 25 23 05:30	6hr 39min							
32	Flagman	Feb 25 23 06:30	Feb 25 23 15:00		8hr 30min			4.9	-1.1	4hr 25min	2hr 2...
33	Flagman	Feb 25 23 21:43	Feb 26 23 04:00	6hr 17min							
34	Flagman	Feb 26 23 05:00	Feb 26 23 19:00		11hr 1min	2hr 59min		5.2	-0.8	2hr 47min	5hr 5...
35	Flagman	Feb 26 23 22:17	Feb 27 23 04:00	5hr 43min							
36	Flagman	Feb 27 23 05:00	Feb 27 23 20:00		9hr 28min	5hr 32min		5.5	-0.5		5hr 1...
37	Flagman	Feb 27 23 22:59	Feb 28 23 05:00	6hr 1min							
38	Flagman	Feb 28 23 06:00	Feb 28 23 17:00		7hr 26min	3hr 34min		5.4	-0.6		31min
39	Flagman	Feb 28 23 22:33	Mar 1 23 05:00	6hr 27min							
40	Flagman	Mar 1 23 06:00	Mar 1 23 17:00		8hr 14min	2hr 46min		5.2	-0.8		31min
41	Flagman	Mar 1 23 23:39	Mar 2 23 07:22	7hr 43min							
42	Flagman	Mar 2 23 22:18	Mar 3 23 05:00	6hr 42min							
43	Flagman	Mar 3 23 06:00	Mar 3 23 15:30		9hr 30min			4.8	-1.2	1hr 11min	4hr 4...
44	Flagman	Mar 3 23 22:21	Mar 4 23 05:00	6hr 39min							
45	Flagman	Mar 4 23 06:00	Mar 4 23 15:00		9hr 0min			4.9	-1.1	43min	4hr 4...
46	Flagman	Mar 4 23 21:43	Mar 5 23 04:00	6hr 17min							
47	Flagman	Mar 5 23 05:00	Mar 5 23 19:00		10hr 53min	3hr 7min		5.2	-0.8	4hr 21min	4hr 2...
48	Flagman	Mar 5 23 22:17	Mar 6 23 04:00	5hr 43min							
49	Flagman	Mar 6 23 05:00	Mar 6 23 19:00		9hr 8min	4hr 52min		5.5	-0.5		8hr ...
50	Flagman	Mar 6 23 22:51	Mar 7 23 05:00	6hr 9min							
51	Flagman	Mar 7 23 06:00	Mar 7 23 16:30		7hr 7min	3hr 23min		5.3	-0.7		1hr 5...
52	Flagman	Mar 7 23 22:29	Mar 8 23 05:00	6hr 31min							
53	Flagman	Mar 8 23 06:00	Mar 8 23 17:00		8hr 35min	2hr 25min		5.1	-0.9		2hr ...
54	Flagman	Mar 8 23 22:17	Mar 9 23 04:30	6hr 13min							
55	Flagman	Mar 9 23 05:30	Mar 9 23 18:30		9hr 43min	3hr 17min		5.2	-0.8		2hr ...
56	Flagman	Mar 9 23 22:46	Mar 10 23 05:00	6hr 14min							
57	Flagman	Mar 10 23 06:00	Mar 10 23 20:30		10hr 58min	3hr 32min		5.3	-0.7		2hr 4...
58	Flagman	Mar 10 23 23:25	Mar 11 23 05:30	6hr 5min							
59	Flagman	Mar 11 23 06:30	Mar 11 23 20:30		11hr 2min	2hr 58min		5.3	-0.7		2hr 2...

WORK SCHEDULE

	FAID Condition	Peak FAID	Peak FAID	Non-Work	Work	Sleep Est Prior 24	Sleep Est Prior 48	Sleep DN	Sleep Type
1								Night	Predicted
2		45	-18	15.5	8.5	6.9	15.1		
3								Night	Predicted
4		52	-11	15.5	8.5	6.9	13.8		
5								Night	Predicted
6		59	-4	15.5	8.5	6.9	13.8		
7								Night	Predicted
8	55min	65	2	15.5	8.5	6.9	13.8		
9								Night	Predicted
10								Night	Predicted
11								Night	Predicted
12		39	-24	63.5	8.5	8.2	16.0		
13								Night	Predicted
14		45	-18	15.5	8.5	6.9	15.1		
15								Night	Predicted
16		52	-11	15.5	8.5	6.9	13.8		
17								Night	Predicted
18		59	-4	15.5	8.5	6.9	13.8		
19								Night	Predicted
20	55min	65	2	15.5	8.5	6.9	13.8		
21								Night	Predicted
22								Night	Predicted
23								Night	Predicted
24		39	-24	63.5	8.5	8.2	16.0		
25								Night	Predicted
26		45	-18	15.5	8.5	6.9	15.1		
27								Night	Predicted
28		52	-11	15.5	8.5	6.9	13.8		
29								Night	Predicted
30		61	-2	15.0	10.5	6.8	13.6		
31								Night	Predicted
32	1hr 36min	70	7	14.0	8.5	6.7	13.4		
33								Night	Predicted
34	5hr 23min	82	19	14.0	14.0	6.8	13.0		
35								Night	Predicted
36	9hr 41min	98	35	10.0	15.0	5.7	12.6		
37								Night	Predicted
38	10hr 29min	107	44	10.0	11.0	6.0	11.8		
39								Night	Predicted
40	10hr 29min	107	44	13.0	11.0	6.5	12.5		
41								Night	Predicted
42								Night	Predicted
43	3hr 40min	79	16	37.0	9.5	8.1	14.4		
44								Night	Predicted
45	3hr 29min	79	16	14.5	9.0	6.7	14.8		
46								Night	Predicted
47	5hr 15min	81	18	14.0	14.0	6.3	13.0		
48								Night	Predicted
49	5hr 55min	92	29	10.0	14.0	5.7	12.1		
50								Night	Predicted
51	8hr 38min	99	36	11.0	10.5	6.2	11.9		
52								Night	Predicted
53	8hr 52min	101	38	13.5	11.0	6.5	12.7		
54								Night	Predicted
55	10hr 55min	106	43	12.5	13.0	6.2	12.8		
56								Night	Predicted
57	11hr 44min	108	45	11.5	14.5	6.3	12.5		
58								Night	Predicted
59	11hr 38min	111	48	10.0	14.0	6.1	12.3		

SLEEP SCHEDULE

	Name	Start	End	Sleep	Sleep DN
1	Flagman	Feb 7 23 22:38	Feb 8 23 05:30	6hr 52min	Night
2	Flagman	Feb 8 23 22:38	Feb 9 23 05:30	6hr 52min	Night
3	Flagman	Feb 9 23 22:38	Feb 10 23 05:30	6hr 52min	Night
4	Flagman	Feb 10 23 22:38	Feb 11 23 05:30	6hr 52min	Night
5	Flagman	Feb 11 23 23:28	Feb 12 23 07:32	8hr 4min	Night
6	Flagman	Feb 12 23 23:41	Feb 13 23 07:32	7hr 51min	Night
7	Flagman	Feb 13 23 22:23	Feb 14 23 05:30	7hr 7min	Night
8	Flagman	Feb 14 23 22:38	Feb 15 23 05:30	6hr 52min	Night
9	Flagman	Feb 15 23 22:38	Feb 16 23 05:30	6hr 52min	Night
10	Flagman	Feb 16 23 22:38	Feb 17 23 05:30	6hr 52min	Night
11	Flagman	Feb 17 23 22:38	Feb 18 23 05:30	6hr 52min	Night
12	Flagman	Feb 18 23 23:28	Feb 19 23 07:32	8hr 4min	Night
13	Flagman	Feb 19 23 23:41	Feb 20 23 07:32	7hr 51min	Night
14	Flagman	Feb 20 23 22:23	Feb 21 23 05:30	7hr 7min	Night
15	Flagman	Feb 21 23 22:38	Feb 22 23 05:30	6hr 52min	Night
16	Flagman	Feb 22 23 22:38	Feb 23 23 05:30	6hr 52min	Night
17	Flagman	Feb 23 23 22:16	Feb 24 23 05:00	6hr 44min	Night
18	Flagman	Feb 24 23 22:51	Feb 25 23 05:30	6hr 39min	Night
19	Flagman	Feb 25 23 21:43	Feb 26 23 04:00	6hr 17min	Night
20	Flagman	Feb 26 23 22:17	Feb 27 23 04:00	5hr 43min	Night
21	Flagman	Feb 27 23 22:59	Feb 28 23 05:00	6hr 1min	Night
22	Flagman	Feb 28 23 22:33	Mar 1 23 05:00	6hr 27min	Night
23	Flagman	Mar 1 23 23:39	Mar 2 23 07:22	7hr 43min	Night
24	Flagman	Mar 2 23 22:18	Mar 3 23 05:00	6hr 42min	Night
25	Flagman	Mar 3 23 22:21	Mar 4 23 05:00	6hr 39min	Night
26	Flagman	Mar 4 23 21:43	Mar 5 23 04:00	6hr 17min	Night
27	Flagman	Mar 5 23 22:17	Mar 6 23 04:00	5hr 43min	Night
28	Flagman	Mar 6 23 22:51	Mar 7 23 05:00	6hr 9min	Night
29	Flagman	Mar 7 23 22:29	Mar 8 23 05:00	6hr 31min	Night
30	Flagman	Mar 8 23 22:17	Mar 9 23 04:30	6hr 13min	Night
31	Flagman	Mar 9 23 22:46	Mar 10 23 05:00	6hr 14min	Night
32	Flagman	Mar 10 23 23:25	Mar 11 23 05:30	6hr 5min	Night

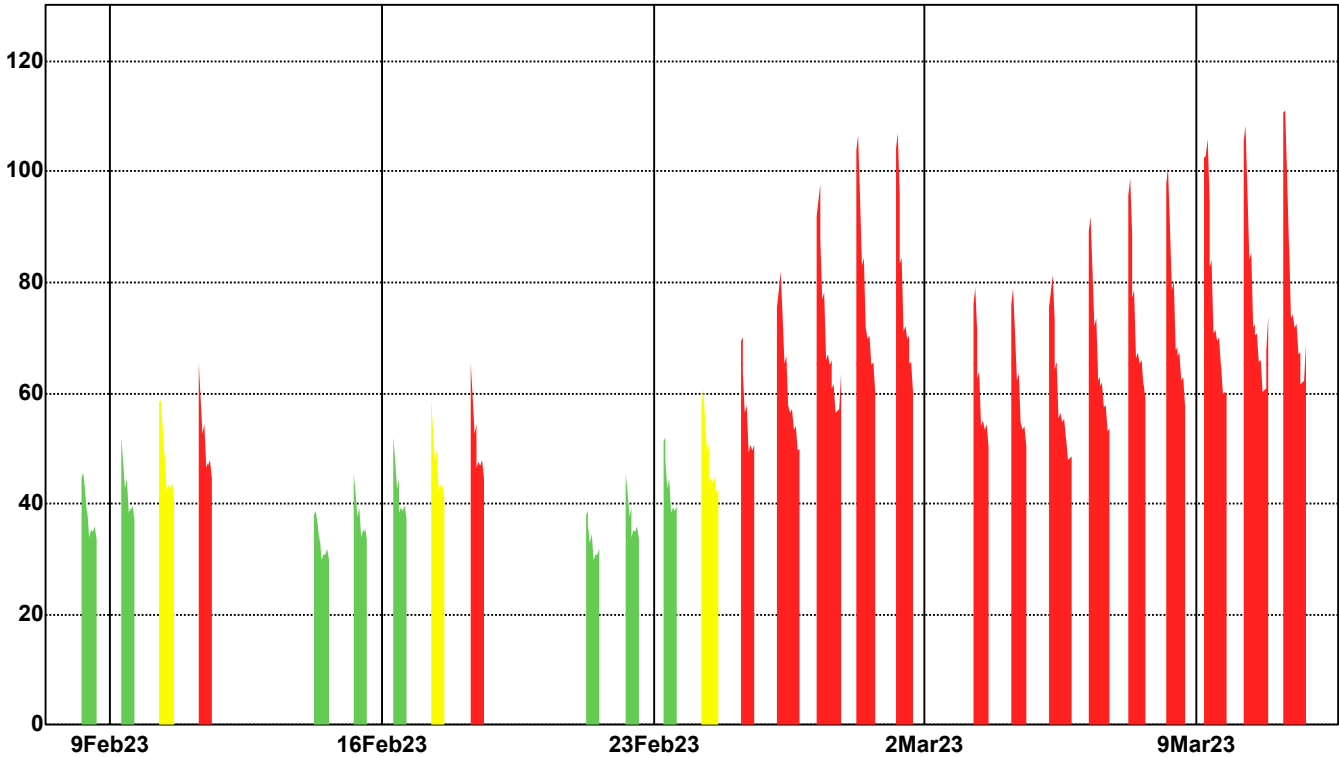
INDIVIDUAL

Summary

Name Flagman

	KSS		FAID Score
Compliance %	100%	Compliance %	61.1%
Peak Score	5.5	Peak Score	111

FAID Score



Name	Start	End	Sleep	KSS Condition	KSS Condition	KSS Condition	Peak KSS	Peak KSS	FAID Condition
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1	Flagman	Feb 7 23 22:38	Feb 8 23 05:30	6hr 52min					
2	Flagman	Feb 8 23 06:30	Feb 8 23 15:00		8hr 30min		4.7	-1.3	8hr 30min
3	Flagman	Feb 8 23 22:38	Feb 9 23 05:30	6hr 52min					
4	Flagman	Feb 9 23 06:30	Feb 9 23 15:00		8hr 30min		4.8	-1.2	8hr 30min
5	Flagman	Feb 9 23 22:38	Feb 10 23 05:30	6hr 52min					
6	Flagman	Feb 10 23 06:30	Feb 10 23 15:00		8hr 30min		4.8	-1.2	6hr 51min
7	Flagman	Feb 10 23 22:38	Feb 11 23 05:30	6hr 52min					
8	Flagman	Feb 11 23 06:30	Feb 11 23 15:00		8hr 30min		4.8	-1.2	4hr 54min
9	Flagman	Feb 11 23 23:28	Feb 12 23 07:32	8hr 4min					
10	Flagman	Feb 12 23 23:41	Feb 13 23 07:32	7hr 51min					
11	Flagman	Feb 13 23 22:23	Feb 14 23 05:30	7hr 7min					
12	Flagman	Feb 14 23 06:30	Feb 14 23 15:00		8hr 30min		4.6	-1.4	8hr 30min
13	Flagman	Feb 14 23 22:38	Feb 15 23 05:30	6hr 52min					
14	Flagman	Feb 15 23 06:30	Feb 15 23 15:00		8hr 30min		4.7	-1.3	8hr 30min
15	Flagman	Feb 15 23 22:38	Feb 16 23 05:30	6hr 52min					
16	Flagman	Feb 16 23 06:30	Feb 16 23 15:00		8hr 30min		4.8	-1.2	8hr 30min
17	Flagman	Feb 16 23 22:38	Feb 17 23 05:30	6hr 52min					
18	Flagman	Feb 17 23 06:30	Feb 17 23 15:00		8hr 30min		4.8	-1.2	6hr 51min
19	Flagman	Feb 17 23 22:38	Feb 18 23 05:30	6hr 52min					
20	Flagman	Feb 18 23 06:30	Feb 18 23 15:00		8hr 30min		4.8	-1.2	4hr 54min
21	Flagman	Feb 18 23 23:28	Feb 19 23 07:32	8hr 4min					
22	Flagman	Feb 19 23 23:41	Feb 20 23 07:32	7hr 51min					
23	Flagman	Feb 20 23 22:23	Feb 21 23 05:30	7hr 7min					
24	Flagman	Feb 21 23 06:30	Feb 21 23 15:00		8hr 30min		4.6	-1.4	8hr 30min
25	Flagman	Feb 21 23 22:38	Feb 22 23 05:30	6hr 52min					
26	Flagman	Feb 22 23 06:30	Feb 22 23 15:00		8hr 30min		4.7	-1.3	8hr 30min
27	Flagman	Feb 22 23 22:38	Feb 23 23 05:30	6hr 52min					
28	Flagman	Feb 23 23 06:30	Feb 23 23 15:00		8hr 30min		4.8	-1.2	8hr 30min
29	Flagman	Feb 23 23 22:16	Feb 24 23 05:00	6hr 44min					
30	Flagman	Feb 24 23 06:00	Feb 24 23 16:30		10hr 30min		4.9	-1.1	8hr 5min
31	Flagman	Feb 24 23 22:51	Feb 25 23 05:30	6hr 39min					
32	Flagman	Feb 25 23 06:30	Feb 25 23 15:00		8hr 30min		4.9	-1.1	4hr 25min
33	Flagman	Feb 25 23 21:43	Feb 26 23 04:00	6hr 17min					
34	Flagman	Feb 26 23 05:00	Feb 26 23 19:00		11hr 1min	2hr 59min	5.2	-0.8	2hr 47min

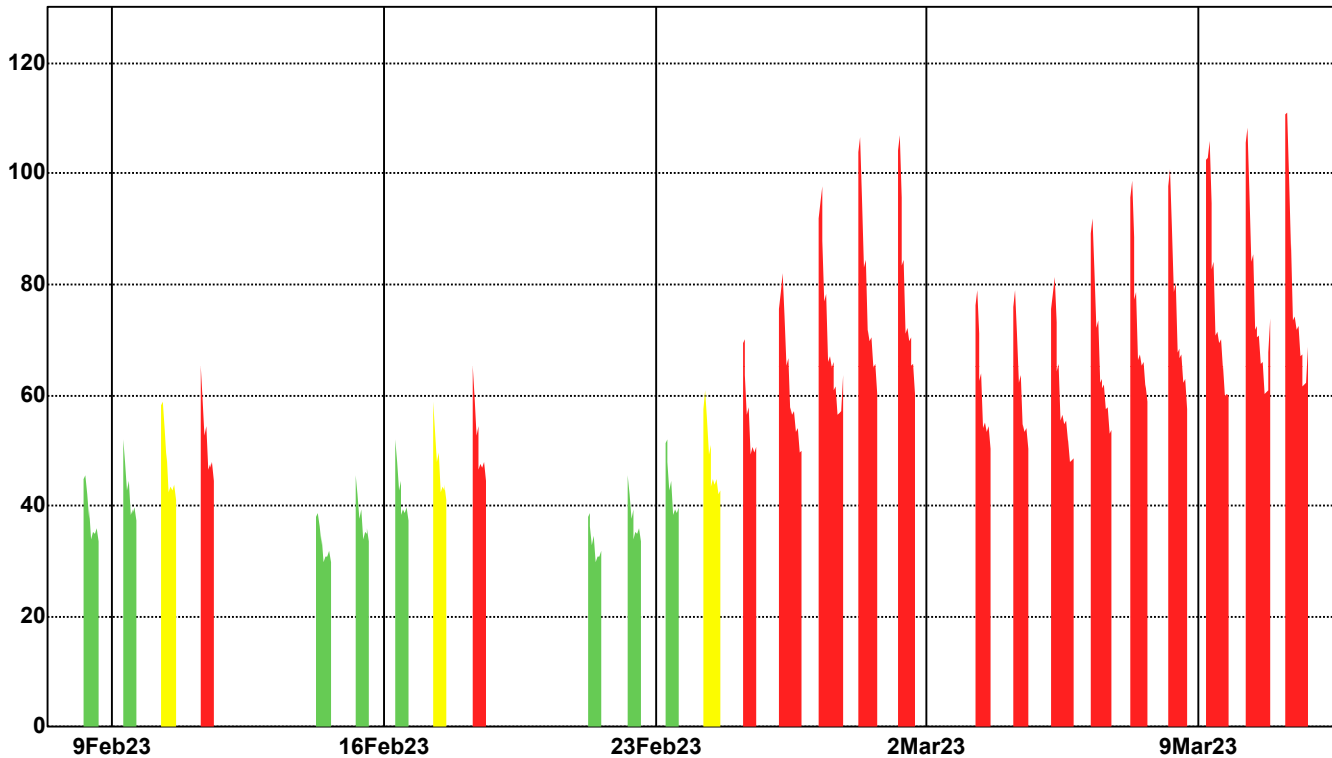
INDIVIDUAL

Summary

Name Flagman

	KSS		FAID Score
Compliance %	100%	Compliance %	61.1%
Peak Score	5.5	Peak Score	111

FAID Score



FAID Condition	FAID Condition	Peak FAID	Peak FAID	Non-Work	Work	Sleep Est Prior 24	Sleep Est Prior 48	Sleep DN	Sleep Type
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1								Night	Predicted
2		45	-18	15.5	8.5	6.9	15.1	Night	Predicted
3								Night	Predicted
4		52	-11	15.5	8.5	6.9	13.8	Night	Predicted
5								Night	Predicted
6	1hr 39min	59	-4	15.5	8.5	6.9	13.8	Night	Predicted
7								Night	Predicted
8	2hr 41min	65	2	15.5	8.5	6.9	13.8	Night	Predicted
9								Night	Predicted
10								Night	Predicted
11								Night	Predicted
12		39	-24	63.5	8.5	8.2	16.0	Night	Predicted
13								Night	Predicted
14		45	-18	15.5	8.5	6.9	15.1	Night	Predicted
15								Night	Predicted
16		52	-11	15.5	8.5	6.9	13.8	Night	Predicted
17								Night	Predicted
18	1hr 39min	59	-4	15.5	8.5	6.9	13.8	Night	Predicted
19								Night	Predicted
20	2hr 41min	65	2	15.5	8.5	6.9	13.8	Night	Predicted
21								Night	Predicted
22								Night	Predicted
23								Night	Predicted
24		39	-24	63.5	8.5	8.2	16.0	Night	Predicted
25								Night	Predicted
26		45	-18	15.5	8.5	6.9	15.1	Night	Predicted
27								Night	Predicted
28		52	-11	15.5	8.5	6.9	13.8	Night	Predicted
29								Night	Predicted
30	2hr 25min	61	-2	15.0	10.5	6.8	13.6	Night	Predicted
31								Night	Predicted
32	2hr 29min	70	7	14.0	8.5	6.7	13.4	Night	Predicted
33								Night	Predicted
34	5hr 50min	82	19	14.0	14.0	6.8	13.0	Night	Predicted

INDIVIDUAL

Summary

Name Flagman

	KSS		FAID Score
<u>Compliance %</u>	100%	<u>Compliance %</u>	61.1%
<u>Peak Score</u>	5.5	<u>Peak Score</u>	111

Name	Start	End	Sleep	KSS Condition	KSS Condition	KSS Condition	Peak KSS	Peak KSS	FAID Condition
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35	Flagman	Feb 26 23 22:17	Feb 27 23 04:00	5hr 43min						
36	Flagman	Feb 27 23 05:00	Feb 27 23 20:00		9hr 28min	5hr 32min		5.5	-0.5	
37	Flagman	Feb 27 23 22:59	Feb 28 23 05:00	6hr 1min						
38	Flagman	Feb 28 23 06:00	Feb 28 23 17:00		7hr 26min	3hr 34min		5.4	-0.6	
39	Flagman	Feb 28 23 22:33	Mar 1 23 05:00	6hr 27min						
40	Flagman	Mar 1 23 06:00	Mar 1 23 17:00		8hr 14min	2hr 46min		5.2	-0.8	
41	Flagman	Mar 1 23 23:39	Mar 2 23 07:22	7hr 43min						
42	Flagman	Mar 2 23 22:18	Mar 3 23 05:00	6hr 42min						
43	Flagman	Mar 3 23 06:00	Mar 3 23 15:30		9hr 30min			4.8	-1.2	1hr 11min
44	Flagman	Mar 3 23 22:21	Mar 4 23 05:00	6hr 39min						
45	Flagman	Mar 4 23 06:00	Mar 4 23 15:00		9hr 0min			4.9	-1.1	43min
46	Flagman	Mar 4 23 21:43	Mar 5 23 04:00	6hr 17min						
47	Flagman	Mar 5 23 05:00	Mar 5 23 19:00		10hr 53min	3hr 7min		5.2	-0.8	4hr 21min
48	Flagman	Mar 5 23 22:17	Mar 6 23 04:00	5hr 43min						
49	Flagman	Mar 6 23 05:00	Mar 6 23 19:00		9hr 8min	4hr 52min		5.5	-0.5	
50	Flagman	Mar 6 23 22:51	Mar 7 23 05:00	6hr 9min						
51	Flagman	Mar 7 23 06:00	Mar 7 23 16:30		7hr 7min	3hr 23min		5.3	-0.7	
52	Flagman	Mar 7 23 22:29	Mar 8 23 05:00	6hr 31min						
53	Flagman	Mar 8 23 06:00	Mar 8 23 17:00		8hr 35min	2hr 25min		5.1	-0.9	
54	Flagman	Mar 8 23 22:17	Mar 9 23 04:30	6hr 13min						
55	Flagman	Mar 9 23 05:30	Mar 9 23 18:30		9hr 43min	3hr 17min		5.2	-0.8	
56	Flagman	Mar 9 23 22:46	Mar 10 23 05:00	6hr 14min						
57	Flagman	Mar 10 23 06:00	Mar 10 23 20:30		10hr 58min	3hr 32min		5.3	-0.7	
58	Flagman	Mar 10 23 23:25	Mar 11 23 05:30	6hr 5min						
59	Flagman	Mar 11 23 06:30	Mar 11 23 20:30		11hr 2min	2hr 58min		5.3	-0.7	

INDIVIDUAL

Summary

Name Flagman

KSS

FAID Score

Compliance %

100%

Compliance %

61.1%

Peak Score

5.5

Peak Score

111

FAID Condition	FAID Condition	Peak FAID	Peak FAID	Non-Work	Work	Sleep Est Prior 24	Sleep Est Prior 48	Sleep DN	Sleep Type
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35									Night	Predicted
36	5hr 19min	9hr 41min	98	35	10.0	15.0	5.7	12.6		
37									Night	Predicted
38	31min	10hr 29min	107	44	10.0	11.0	6.0	11.8		
39									Night	Predicted
40	31min	10hr 29min	107	44	13.0	11.0	6.5	12.5		
41									Night	Predicted
42									Night	Predicted
43	4hr 40min	3hr 40min	79	16	37.0	9.5	8.1	14.4		
44									Night	Predicted
45	4hr 48min	3hr 29min	79	16	14.5	9.0	6.7	14.8		
46									Night	Predicted
47	4hr 23min	5hr 15min	81	18	14.0	14.0	6.3	13.0		
48									Night	Predicted
49	8hr 5min	5hr 55min	92	29	10.0	14.0	5.7	12.1		
50									Night	Predicted
51	1hr 52min	8hr 38min	99	36	11.0	10.5	6.2	11.9		
52									Night	Predicted
53	2hr 8min	8hr 52min	101	38	13.5	11.0	6.5	12.7		
54									Night	Predicted
55	2hr 5min	10hr 55min	106	43	12.5	13.0	6.2	12.8		
56									Night	Predicted
57	2hr 46min	11hr 44min	108	45	11.5	14.5	6.3	12.5		
58									Night	Predicted
59	2hr 22min	11hr 38min	111	48	10.0	14.0	6.1	12.3		

SLEEP ESTIMATE

Summary

Name Flagman

KSS

FAID Score

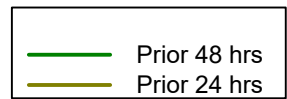
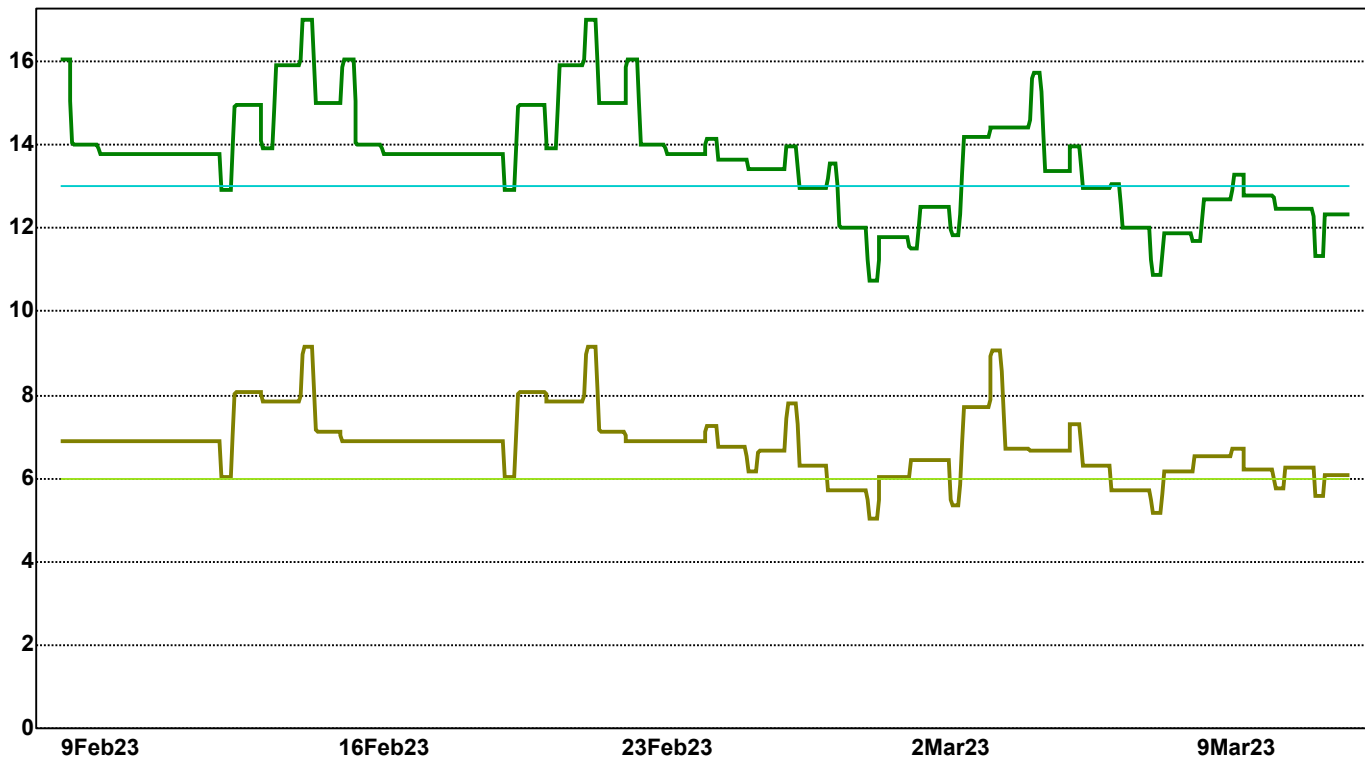
Compliance % 100%

Compliance % 61.1%

Peak Score 5.5

Peak Score 111

Hours



	Name	Non-Work	Start	Work	Prior 24 Hours	Prior 48 Hours
1	Flagman	0.0	7 Feb 23 2238	0.0	6.9	16.0
2	Flagman	15.5	8 Feb 23 0630	8.5	6.9	15.1
3	Flagman	0.0	8 Feb 23 2238	0.0	6.9	13.9
4	Flagman	15.5	9 Feb 23 0630	8.5	6.9	13.8
5	Flagman	0.0	9 Feb 23 2238	0.0	6.9	13.8
6	Flagman	15.5	10 Feb 23 0630	8.5	6.9	13.8
7	Flagman	0.0	10 Feb 23 2238	0.0	6.9	13.8
8	Flagman	15.5	11 Feb 23 0630	8.5	6.9	13.8
9	Flagman	0.0	11 Feb 23 2328	0.0	6.9	13.8
10	Flagman	0.0	12 Feb 23 2341	0.0	8.0	14.1
11	Flagman	0.0	13 Feb 23 2223	0.0	7.8	15.9
12	Flagman	63.5	14 Feb 23 0630	8.5	8.2	16.0
13	Flagman	0.0	14 Feb 23 2238	0.0	7.0	15.0
14	Flagman	15.5	15 Feb 23 0630	8.5	6.9	15.1
15	Flagman	0.0	15 Feb 23 2238	0.0	6.9	13.9
16	Flagman	15.5	16 Feb 23 0630	8.5	6.9	13.8
17	Flagman	0.0	16 Feb 23 2238	0.0	6.9	13.8
18	Flagman	15.5	17 Feb 23 0630	8.5	6.9	13.8
19	Flagman	0.0	17 Feb 23 2238	0.0	6.9	13.8
20	Flagman	15.5	18 Feb 23 0630	8.5	6.9	13.8
21	Flagman	0.0	18 Feb 23 2328	0.0	6.9	13.8
22	Flagman	0.0	19 Feb 23 2341	0.0	8.0	14.1
23	Flagman	0.0	20 Feb 23 2223	0.0	7.8	15.9
24	Flagman	63.5	21 Feb 23 0630	8.5	8.2	16.0
25	Flagman	0.0	21 Feb 23 2238	0.0	7.0	15.0
26	Flagman	15.5	22 Feb 23 0630	8.5	6.9	15.1
27	Flagman	0.0	22 Feb 23 2238	0.0	6.9	13.9
28	Flagman	15.5	23 Feb 23 0630	8.5	6.9	13.8
29	Flagman	0.0	23 Feb 23 2216	0.0	6.9	13.8
30	Flagman	15.0	24 Feb 23 0600	10.5	6.8	13.7
31	Flagman	0.0	24 Feb 23 2251	0.0	6.5	13.6
32	Flagman	14.0	25 Feb 23 0630	8.5	6.7	13.4
33	Flagman	0.0	25 Feb 23 2143	0.0	6.7	13.4
34	Flagman	14.0	26 Feb 23 0500	14.0	7.3	13.5
35	Flagman	0.0	26 Feb 23 2217	0.0	6.3	13.0

SLEEP ESTIMATE

Summary

Name Flagman

KSS

FAID Score

Compliance % 100%

Compliance % 61.1%

Peak Score 5.5

Peak Score 111

	Name	Non-Work	Start	Work	Prior 24 Hours	Prior 48 Hours
36	Flagman	10.0	27 Feb 23 0500	15.0	5.7	13.1
37	Flagman	0.0	27 Feb 23 2259	0.0	5.5	11.3
38	Flagman	10.0	28 Feb 23 0600	11.0	6.0	11.8
39	Flagman	0.0	28 Feb 23 2233	0.0	6.0	11.6
40	Flagman	13.0	1 Mar 23 0600	11.0	6.5	12.5
41	Flagman	0.0	1 Mar 23 2339	0.0	5.5	12.0
42	Flagman	0.0	2 Mar 23 2218	0.0	7.7	14.2
43	Flagman	37.0	3 Mar 23 0600	9.5	8.6	14.4
44	Flagman	0.0	3 Mar 23 2221	0.0	6.7	14.4
45	Flagman	14.5	4 Mar 23 0600	9.0	6.7	15.3
46	Flagman	0.0	4 Mar 23 2143	0.0	6.7	13.4
47	Flagman	14.0	5 Mar 23 0500	14.0	6.8	13.5
48	Flagman	0.0	5 Mar 23 2217	0.0	6.3	13.0
49	Flagman	10.0	6 Mar 23 0500	14.0	5.7	12.6
50	Flagman	0.0	6 Mar 23 2251	0.0	5.5	11.3
51	Flagman	11.0	7 Mar 23 0600	10.5	6.2	11.9
52	Flagman	0.0	7 Mar 23 2229	0.0	6.2	11.9
53	Flagman	13.5	8 Mar 23 0600	11.0	6.5	12.7
54	Flagman	0.0	8 Mar 23 2217	0.0	6.5	12.7
55	Flagman	12.5	9 Mar 23 0530	13.0	6.2	12.8
56	Flagman	0.0	9 Mar 23 2246	0.0	6.0	12.8
57	Flagman	11.5	10 Mar 23 0600	14.5	6.3	12.5
58	Flagman	0.0	10 Mar 23 2325	0.0	6.3	12.3
59	Flagman	10.0	11 Mar 23 0630	14.0	6.1	12.3