Vigilance and Driving

**PVT lapses** (response time > 500ms) per condition (F[1,161]=13.73, P=0.003)

**Driving simulator lane deviation** per condition (F[1,78]=10.13 P=0.002)
Fatigue vs. alcohol impairment

Scientific comparisons of fatigue vs. alcohol effects on:

- Alertness
- Cognition
- Hand-eye coordination
- Task speed and accuracy

**Results:**

- 17-19 hours awake = .05% BAC
- 24 hours awake = .10% BAC

(Williamson & Feyer 2000, Dawson & Reid 1997, Rohrs 1994)
Managing police fatigue and performance

- Community Service Needs
- Management
- Actual Services Provided
- Officer Work Capacity × N Officers
- Health/Wellness: Nutrition, Sleep
- Resiliency: Sleep, Coping
- Domestic Life
- Physical Activity
- Domestic Life
- Circadian Phase

(Vila & Samuels, 2011, Principles & Practices of Sleep Medicine, 5th Edition, Ch. 72)