Workload, Fatigue, and Sleep Disruption
Workload

1. What is workload?
2. What is the relationship between workload and performance?
3. What is the difference between stress and workload?
4. What are some factors that mediate workload?
5. How is workload measured?
6. How can negative effects of workload be mitigated?
NASA Task Load Index (TLX) Procedure

1. Subject: Read scale definitions, instructions
2. S: Practice use of rating scale after performing tasks.
4. S: Rank workload sources by pairwise comparison.

5. Experimenter: Tally workload sources on tally sheet.
Fatigue & Sleep Disruption

1. What is fatigue?
2. What is the “vigilance decrement”?
3. What are some performance effects of sleep disruption?
4. What is a “circadian rhythm”?
5. What are some causes of circadian disruption?
6. What can be done to counter the effects of sleep disruption?