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Exploring the use of individual countermeasures to sleepiness: A mixed methods approach

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Pilkington-Cheney, Fran. 2020. "Exploring the Use of Individual Countermeasures to Sleepiness: A Mixed Methods Approach". Loughborough University. <https://hdl.handle.net/2134/12301268.v1>.



FRAN
PILKINGTON-CHENEY

Fran is interested in aspects of sleep, fatigue and shift work, and how sleepiness is managed on a day-to-day basis.

SKILLS

- EEG
- EOG
- Quantitative & Qualitative Research



F.E.Pilkington-Cheney@lboro.ac.uk



@FranPilkington



EXPLORING THE USE OF INDIVIDUAL COUNTERMEASURES TO SLEEPINESS: A MIXED METHODS APPROACH.

INVESTIGATING INDIVIDUAL STRATEGIES TO MANAGING SLEEPINESS.

Sleepiness and fatigue are important considerations for workplace safety, especially in relation to safety critical tasks. This research aims to explore the use of individual countermeasures to sleepiness, both within the general population and shift working public transport drivers. Using a mixed methods approach, preferences for strategies to alleviate sleepiness have been investigated, and knowledge and expectation have been explored. Findings indicate that a variety of individual countermeasures are used, including strategies which offer limited potential for counteracting sleepiness, such as sugar. Reliance on these measures, especially within safety critical operations, could have serious consequences.

KEYWORDS

Sleepiness; Countermeasures; Shift Work