

The effects of sleep quality, sleepiness, fatigue, and psychological resilience on attention performance

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Abstract

Introduction: The aim of the study was to examine the relationships between sleep quality, sleepiness, fatigue, resilience, and attention parameters in a sample consisting of university students.

Material and methods: The study involved 123 university students aged between 18 and 33 years. A socio-demographic data form, the Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS), Fatigue Severity Scale (FSS), Depression, Anxiety, and Stress Scale (DASS-21), and the Brief Resilience Scale (BRS) were administered to the participants. Attention assessment was conducted using the Cognitron (COG), Signal Detection (SIGNAL), Inhibition (INHIB), and Perception and Attention Functions Battery, part of the computer-based Vienna Test System (VTS).

Results: Out of all the participants, 77.2% were female, and 22.8% were male, with an average age of 21.53 (SD = 2.54) years. A positive correlation was found between COG-Corrects and PSQI scores, and COG-Incorrects and DASS-Stress. There was a negative correlation between SIGNAL-Corrects and FSS. No correlation was revealed among sleep quality, sleepiness, fatigue, resilience variables, and reaction inhibition or divided attention. Furthermore, multiple regression analysis indicated that attention scores were predicted only by sleep quality and fatigue severity.

Conclusions: Based on the study's findings, it is conceivable that situational factors such as sleep quality, sleepiness, and fatigue have a more significant impact on attention compared with constant variables such as depression, anxiety, stress, and resilience.

Key words: Vienna Test System, attention, fatigue, sleepiness, resilience.

Introduction

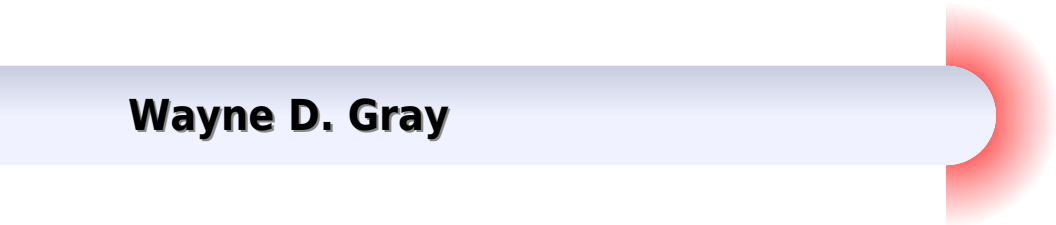
Attention is a primary and complex cognitive function that refers to the frontage and focus of mental resources on a stimulus. Simultaneously, it represents turning towards a stimulus while disregarding others (Posner *et al.* 2016). Attention is separated into four types: selective, sustained, executive, and divided. Selective attention refers to the capacity to focus on a particular stimulus while disregarding other distracting stimuli. Divided attention is the ability to deal with multiple stimuli simultaneously, and executive attention ensures that attention is maintained (Rueda *et al.* 2023). Sustained attention requires long-term focus on a stimulus and is regarded as a concept associated with alertness (Cohen 2013). According to contemporary theories, attention is a system that consists of

multiple brain networks with interrelated but distinct functions (Fisher 2019). Spikman and van Zomeren (2010) stated that attention has two general dimensions, selectivity and intensity; they also refer in their articles to the Vienna Test System (VTS), which is a computer-based application used in the assessment of sustained attention, focused/selective attention, and divided attention (Spikman and van Zomeren 2010).

Although attention is a parameter that multiple psychological factors can impact, there has been more focus on how specific psychological processes such as sleep, fatigue, and psychopathological processes (e.g., depression, anxiety) affect attention. Sleep has a restorative function in human life and is essential for physiologic and circadian rhythms. Quantitative and qualitative shifts in sleep influence multiple systems (Bryant

Sleep Sleepiness And Performance

Wayne D. Gray



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Sleep, Sleepiness and Performance Timothy H. Monk, 1991-12-20 Monk Timothy H Investigator Non NASA Center U Pittsburgh PA **Sleep, Sleepiness, and Performance** Timothy H. Monk, 1991 **Sleep** Teofilo L. Lee-Chiong, 2005-12-13
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Sleepiness Michael J. Thorpy, Michel Billiard, 2011-01-27 Written and edited by leading clinicians and researchers in sleep medicine this is the first book to focus on the causes consequences and treatment of disorders of excessive sleepiness Extensive coverage is provided for all known causes of sleepiness including sleep deprivation obstructive sleep apnea syndrome narcolepsy and other hypersomnias of central origin shift work and medical and psychiatric disorders Since many causes of sleepiness are difficult to differentiate from each other and treatment modalities can vary greatly from one disorder to another this book helps the clinician to formulate a differential diagnosis that will ultimately lead to the correct diagnosis Epidemiology evaluation of the sleepy patient diagnostic investigations including neuroimaging subjective and objective testing cognitive effects of sleepiness motor vehicle driving issues medico legal aspects of sleepiness and therapy are also discussed in detail This is an essential resource for neurologists psychiatrists and sleep specialists **Kryger's Principles and Practice of Sleep Medicine - E-Book** Meir H. Kryger, Thomas Roth, Cathy A Goldstein, 2021-12-16 Offering today s

most authoritative comprehensive coverage of sleep disorders Kryger's Principles and Practice of Sleep Medicine 7th Edition is a must have resource for sleep medicine specialists fellows trainees and technicians as well as pulmonologists neurologists and other clinicians who see patients with sleep related issues It provides a solid understanding of underlying basic science as well as complete coverage of emerging advances in management and treatment for a widely diverse patient population Evidence based content hundreds of full color illustrations and a wealth of additional resources online help you make well informed clinical decisions and offer your patients the best possible care Contains new chapters on sleep in intersex and transgender individuals sleep telemedicine and remote PAP adherence monitoring and sleep and the menstrual cycle as well as increased coverage of treatment and management of pediatric patients Includes expanded sections on pharmacology sleep in individuals with other medical disorders and methodology Discusses updated treatments for sleep apnea and advancements in CPAP therapy Offers access to 95 video clips online including expert interviews and sleep study footage of various sleep disorders Meets the needs of practicing clinicians as well as those preparing for the sleep medicine fellowship examination or recertification exams with more than 950 self assessment questions answers and rationales online Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Neuroergonomics Raja Parasuraman, Matthew Rizzo, 2008-02-13 Neuroergonomics can be defined as the study of brain and behavior at work It combines two disciplines neuroscience the study of brain function and human factors the study of how to match technology with the capabilities and limitations of people so they can work effectively and safely The goal of merging these two fields is to use the startling discoveries of human brain and physiological functioning both to inform the design of technologies in the workplace and home and to provide new training methods that enhance performance expand capabilities and optimize the fit between people and technology Research in the area of neuroergonomics has blossomed in recent years with the emergence of noninvasive techniques for monitoring human brain function that can be used to study various aspects of human behavior in relation to technology and work including mental workload visual attention working memory motor control human automation interaction and adaptive automation This volume will provide the first systematic overview of this emerging area describing the theoretical background basic research major methods as well as the new and future areas of application This collection will benefit a number of readers the experienced researcher investigating related questions in human factors and cognitive neuroscience the student wishing to get a rapid but systematic overview of the field and the designer interested in novel approaches and new ideas for application Researchers in human factors and ergonomics neuroscience cognitive psychology medicine industrial engineering and computer science will find this volume most helpful

The Handbook of Fatigue Management in Transportation Christina M. Rudin-Brown, Ashleigh J. Fildes, 2023-08-02 In the world of transportation fatigue is a silent killer that can affect us all Understanding fatigue including how to manage it to minimize safety risk is of great importance However while it is one

thing to recognize that fatigue is a critical safety issue it is quite another to set up a successful scientifically informed fatigue risk management programme This book is here to help It has been carefully designed as a comprehensive reference point bringing together international expertise from leaders in fatigue science and showcasing valuable insights from transportation industry practitioners The 40 authored chapters are divided into six sections to better understand fatigue science the consequences of fatigue in transportation contributors to fatigue managing fatigue and promoting alertness real world case studies of fatigue management in practice and future perspectives While it is possible to read each chapter in isolation most will be gained by reading the book as a whole Each chapter starts with an abstract overview and concludes with summary bullet points creating a handy quick check for key points This accessible text is for those who are interested in supporting alert and safe transportation operations It is suitable for professionals transport managers government advisors policy makers students academics and anyone who wants to learn more All transport modes road rail maritime and aviation are considered For anyone waking up to the complex challenge of fatigue management this handbook is a must

Safety Report United States. National Transportation Safety Board,1999 During the 1980s the National Transportation Safety Board investigated several aviation highway and marine accidents that involved operator fatigue Following completion of these investigations the Safety Board in 1989 issued three recommendations to the U S Department of Transportation DOT addressing needed research education and revisions to hours of service regulations In the 10 years that have passed the Safety Board has issued more than 70 additional recommendations to the DOT States industry and industry associations to reduce the incidence of fatigue related accidents In response to the three 1989 recommendations the DOT and the modal administrations have in general acted and responded positively to those addressing research and education little action however has occurred with respect to revising the hours of service regulations Nevertheless the Safety Board believes that support has grown in recent years to make substantive changes to these regulations This report provides an update on the activities and efforts by the DOT and the modal administrations to address operator fatigue and consequently the progress that has been made in the past 10 years to implement the actions called for in the three intermodal recommendations and other fatigue related recommendations The report also provides some background information on current hours of service regulations fatigue and the effects of fatigue on transportation safety As a result of this safety report the National Transportation Safety Board issued new safety recommendations to the U S Department of Transportation the Federal Aviation Administration the Federal Highway Administration the Federal Railroad Administration the Research and Special Programs Administration and the United States Coast Guard The Safety Board also reiterated two recommendations to the Federal Aviation Administration

Human Performance Optimization Michael D. Matthews,David M. Schnyer,2019 Human Performance Optimization The Science and Ethics of Enhancing Human Capabilities explores current and emerging strategies for enhancing individual and team performance especially in high stakes stressful settings such as the military law

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