EO C140.02 – DISCUSS SLEEP PATTERNS IN SPACE

1. **Performance**: Discuss Sleep Patterns in Space

2. **Conditions**:

   a. Given:

      (1) Reaction Time Sheet,

      (2) Ruler,

      (3) Sleep Log Sheet,

      (4) Fraction Wheel for 24 Hours,

      (5) Fraction Wheel for One Complete Day,

      (6) Supervision, and

      (7) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard**: The cadet shall discuss sleep patterns in space.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain sleep patterns in space to include: a. effects of lack of sleep, and b. types of sleep.	Interactive Lecture	10 min	C3-350
TP2	Have the cadets participate in an activity where they measure their current state of alertness, to include: a. describing how tired they feel, b. completing the ruler test, c. discussing reaction times in relation to their sleep pattern, and d. completing a take-home assignment.	In-Class Activity	15 min	C3-350
TP3	Have the cadets participate in an activity where they discuss their sleep patterns from the preceding two weeks, to include: a. building a fraction wheel for hours slept, b. plotting sleep patterns, and c. discussing the sleep patterns.	In-Class Activity	25 min	C3-350

5. **Time**:

   a. Introduction / Conclusion: 10 min

   b. Interactive Lecture: 10 min

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c.	In-Class Activity:	40 min
d.	Total:	60 min

6. **Substantiation**:

   a. An interactive lecture was chosen for TP1 to orient the cadets to the problems astronauts face sleeping in space.

   b. An in-class activity was chosen for TPs 2 and 3 to allow the cadets to experience some of the factors facing astronauts sleeping in space.

7. **Reference**: C3-350 The science of Sleep and Daily Rhythms. (2009). *Sleep Patterns*. Retrieved December 13, 2011, from http://www.nsbri.org/default/Documents/EducationAndTraining/MiddleSchool/Sleep/TSO_Sleep.pdf

8. **Training Aids**:

   a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the training area,

   b. Reaction Time Sheet,

   c. Ruler,

   d. Sleep Log Sheet,

   e. Fraction Wheel for 24 Hours, and

   f. Fraction Wheel for One Complete Day.

9. **Learning Aids**:

   a. Reaction Time Sheet,

   b. Ruler,

   c. Sleep Log Sheet,

   d. Fraction Wheel for 24 Hours, and

   e. Fraction Wheel for One Complete Day.

10. **Test Details**: Nil.

11. **Remarks**: Allow two weeks in the schedule between TPs 2 and 3. This will ensure sufficient time for the cadets to log their sleep and participate in the final activity and discussion.

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