Fiscal Year:	FY 2006	Task Last Undated:	FY 01/08/2007
PI Name:	Dinges David F. Ph D	Tush Lust e punteur	1101/00/2007
Project Title:	Countermeasures to neurobehavioral deficits from cumulative sleep deprivation during space flight: Dose-response effects of recovery sleep opportunities		
Division Name:	Human Research		
Program/Discipline:	NSBRI Teams		
Program/Discipline Element/Subdiscipline:	NSBRI TeamsHuman Performance Factors, Sleep, and Chro	nobiology Team	
Joint Agency Name:	n	FechPort:	Yes
Human Research Program Elements:	(1) BHP :Behavioral Health & Performance (archival in 2017)		
Human Research Program Risks:	(1) Sleep :Risk of Performance Decrements and Adverse Healt Desynchronization, and Work Overload	h Outcomes Resulting from	n Sleep Loss, Circadian
Space Biology Element:	None		
Space Biology Cross-Element Discipline:	None		
Space Biology Special Category:	None		
PI Email:	dinges@pennmedicine.upenn.edu	Fax:	FY
PI Organization Type:	UNIVERSITY	Phone:	215-898-9949
Organization Name:	University of Pennsylvania		
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City:	Philadelphia	State:	PA
Zip Code:	19104-4209	Congressional District:	2
Comments:			
Project Type:	Ground	Solicitation / Funding Source:	2003 Biomedical Research & Countermeasures 03-OBPR-04
Start Date:	06/01/2004	End Date:	05/31/2008
No. of Post Docs:	1	No. of PhD Degrees:	1
No. of PhD Candidates:	0	No. of Master' Degrees:	2
No. of Master's Candidates:	0	No. of Bachelor's Degrees:	94
No. of Bachelor's Candidates:	39	Monitoring Center:	NSBRI
Contact Monitor:		Contact Phone:	
Contact Email:			
Flight Program:			
Flight Assignment:			
Key Personnel Changes/Previous PI:			
COI Name (Institution):	Banks, Siobhan (University of Pennsylvania Health System)	
Grant/Contract No.:	NCC 9-58-HPF00404		
Performance Goal No.:			
Performance Goal Text:			

Task Description:	 (1) The overarching goal of this project is to develop sleep schedule contermeasures to ensure optimal neurocognitive performance capability in astronauts during prolonged space flight. The primary aim is to determine the sleep dose-response effects of an acute change in sleep duration that occurs betwen two periods of chronic sleep restriction, on neurocognitive performance functions, subjective states, and waking and sleep physiology. The optimal performance of astronauts during extended-duration space flight depends heavily on achieving recovery through adequate sleep. There is now extensive evidence that astronaut sleep in space averages 4 to 6.5 hours per day, and when critical operations (e.g., nightime docking) are scheduled, very little sleep may be obtained during a day prior to the critical event. Ground-based experiments on healthy adults by our laboratory and others have demonstrated that limiting daily sleep duration to less than 7 hours leads to cumulative deficits in neurocognitive performance and alertness. Within 1-2 weeks of sleep restriction at level experimeed by astronauts, performance ficits wree serious; impairments on tasks requiring sustained attention, working memory and cognitive throughput reached levels equivalent to those found after 1-2 nights of total sleep loss. The experiment will determine the countermeasure benefits for performance (during critical operations and subsequent days of sleep restriction) from an acute increase in sleep duration (i.e., single night of recovery sleep). In addition, generating sleep dose-response functions will provide critically needed information on the adverse performance consequences of an acute reduction in itselep duration below the chronic sleep-restriction level, which can occur in space flight prior to a day of critical operations. We will astablish sleep dose-response curves for the immediate and delayed impet on neidbay of a single night intervention (specific aim 1), we sek to resolve whether complete nestinction. We wi	
Rationale for HRP Directed Research:		
Research Impact/Earth Benefits:	The primary aim is to determine the sleep dose-response effects of an acute change in sleep duration that occurs between two periods of chronic sleep restriction, on neurocognitive performance functions, subjective states, and waking and sleep physiology. The experiment will determine the countermeasure benefits for performance (during critical operations and subsequent days of sleep restriction) from an acute increase in sleep duration (i.e., single night of recovery sleep). The knowledge gained has the potential to change work scheduling and further understand the effect of sleep lose and recovery on neurobehavioral function in many Earth-based safety-sensitive occupations, such as transportation workers (e.g., truck drivers, train conductors, airline pilots); operators in safety-sensitive industries (e.g., power plant control rooms); and military personnel.	
Task Progress:	The project is on schedule and the study is progressing well. Thirty-two subjects have completed the 16 day in-laboratory study protocol (for a total of 512 laboratory days) and we expect to recruit another 20 subject in the coming grant year. We are currently in the process of performing analyses on the data collected. Specifically, we are analyzing the neurobehavioral performance changes across the experimental protocol, and the recovery phase. We are in the process of manual scoring and analysis of the polysomnographic data. Abstracts based on this work have been accepted for presentation at the 20th Annual Meeting of the Associated Professional Sleep Societies, in Salt Lake City, Utah examining various aspects of the data. Specifically preliminary construction of a dose response recovery curve from the chronic sleep restriction and investigation of the effect of chronic sleep restriction and recovery on neurobehavioral functions.	
Bibliography Type:	Description: (Last Updated: 05/08/2025)	
Abstracts for Journals and Proceedings	Baffy NJ, Banks S, Dinges DF. "Food cravings: Chronic sleep restriction and mood." Associated Professional Sleep Societies 19th Annual Meeting, Denver, Colorado, June 18-23, 2005. Sleep. 2005;28 Suppl:A386. , Jun-2005	
Abstracts for Journals and Proceedings	Banks, S, Van Dongen H, Dinges DF. "How much sleep is needed to recover from sleep debt? The impact of sleep dose on recovery." Associated Professional Sleep Societies 19th Annual Meeting, Denver, Colorado, June 18-23, 2005. Sleep. 2005;28 Suppl:A407. , Jun-2005	
Abstracts for Journals and Proceedings	Censits DM, Banks S, Dinges DF. "Discrepancy between self-report and objective measurements of sleepiness: Which people do not realize they are sleepy?" Associated Professional Sleep Societies 19th Annual Meeting, Denver, Colorado, June 18-23, 2005. Sleep. 2005;28 Suppl:A1028. , Jun-2005	

Abstracts for Journals and Proceedings	Dinges DF, Banks S, Mollicone D, Maislin G, Rogers NL, Van Dongen, H. "Sleep schedule countermeasures to cumulative partial sleep loss in space flight." Habitation meeting, January 2006. Habitation. International Journal for Human Support Research. 2006;10:(3/4). , Jan-2006
Abstracts for Journals and Proceedings	Dinges DF, O Connor R, Van Dongen H. "Detecting state instability: Why PVT performance is so sensitive to sleep loss." Associated Professional Sleep Societies 19th Annual Meeting, Denver, Colorado, June 18-23, 2005. Sleep. 2005;28 Suppl:A379. , Jun-2005
Abstracts for Journals and Proceedings	Gorman RL, Banks S, Dinges DF. "Effect of partial sleep deprivation and recovery sleep dose on the Spaceflight Cognitive Assessment Tool (WinSCAT)." Associated Professional Sleep Societies 19th Annual Meeting, Denver, Colorado, June 18-23, 2005. Sleep. 2005;28 Suppl:A1043. , Jun-2005
Abstracts for Journals and Proceedings	McGlinchey EL, Banks S, Minkle JD, Dinges DF. "Effect of chronic sleep restriction on pre-frontal cortex functioning and its relationship to IQ and personality." Associated Professional Sleep Societies 19th Annual Meeting, Denver, Colorado, June 18-23, 2005. Sleep. 2005;28 Suppl:A1029. , Jun-2005
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Articles in Peer-reviewed Journals	Rogers NL, Dinges DF. "Caffeine: Implications for alertness in athletes." Clin Sports Med. 2005 Apr;24(2):e1-13, x-xi. Review. <u>PMID: 15892913</u> , Apr-2005
Articles in Peer-reviewed Journals	Van Dongen HP, Dinges DF. "Sleep, circadian rhythms, and psychomotor vigilance." Clin Sports Med. 2005 Apr;24(2):237-49, vii-viii. Review. <u>PMID: 15892921</u> , Apr-2005
Books/Book Chapters	Dinges DF, Baynard M, Rogers NL. "Chronic Sleep Restriction." in "Principles and Practice of Sleep Medicine, 4th Edition." Ed. M.H. Kryger, T. Roth, W.C. Dement. Philadelphia : Elsevier/Saunders, c2005., Nov-2005
Books/Book Chapters	Dorrian J, Dinges DF. "Sleep deprivation and its effects on cognitive performance." in "Sleep : a comprehensive handbook." Ed. T. Lee-Chiong. Hoboken, NJ : Wiley-Liss, c2006., Jan-2006
Books/Book Chapters	Dorrian J, Rogers NL, Dinges DF. "Psychomotor vigilance performance: A neurocognitive assay sensitive to sleep loss." in "Sleep deprivation : clinical issues, pharmacology, and sleep loss effects." Ed. C. Kushida. New York : Marcel Dekker, c2005., Jan-2005
Books/Book Chapters	Van Dongen HPA, Dinges DF. "Circadian Rhythm in Sleepiness, Alertness and Performance." in "Principles and Practice of Sleep Medicine, 4th Edition." Ed. M.H. Kryger, T. Roth, W.C. Dement. Philadelphia : Elsevier/Saunders, c2005., Nov-2005