

CONSEQUENCES OF MICROSLEEP MISHAPS

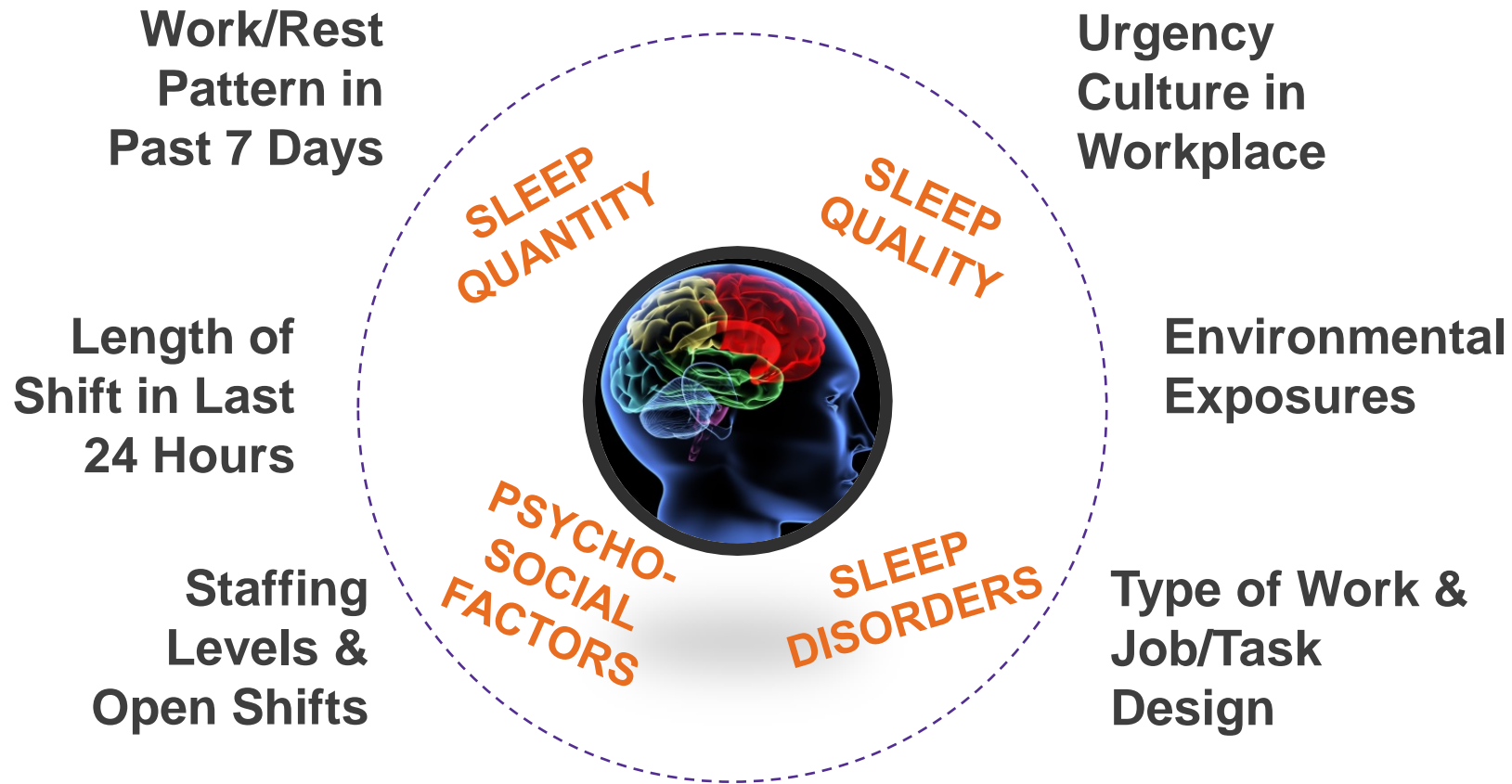


BRAIN-CENTERED HAZARD: MICROSLEEP MISHAPS

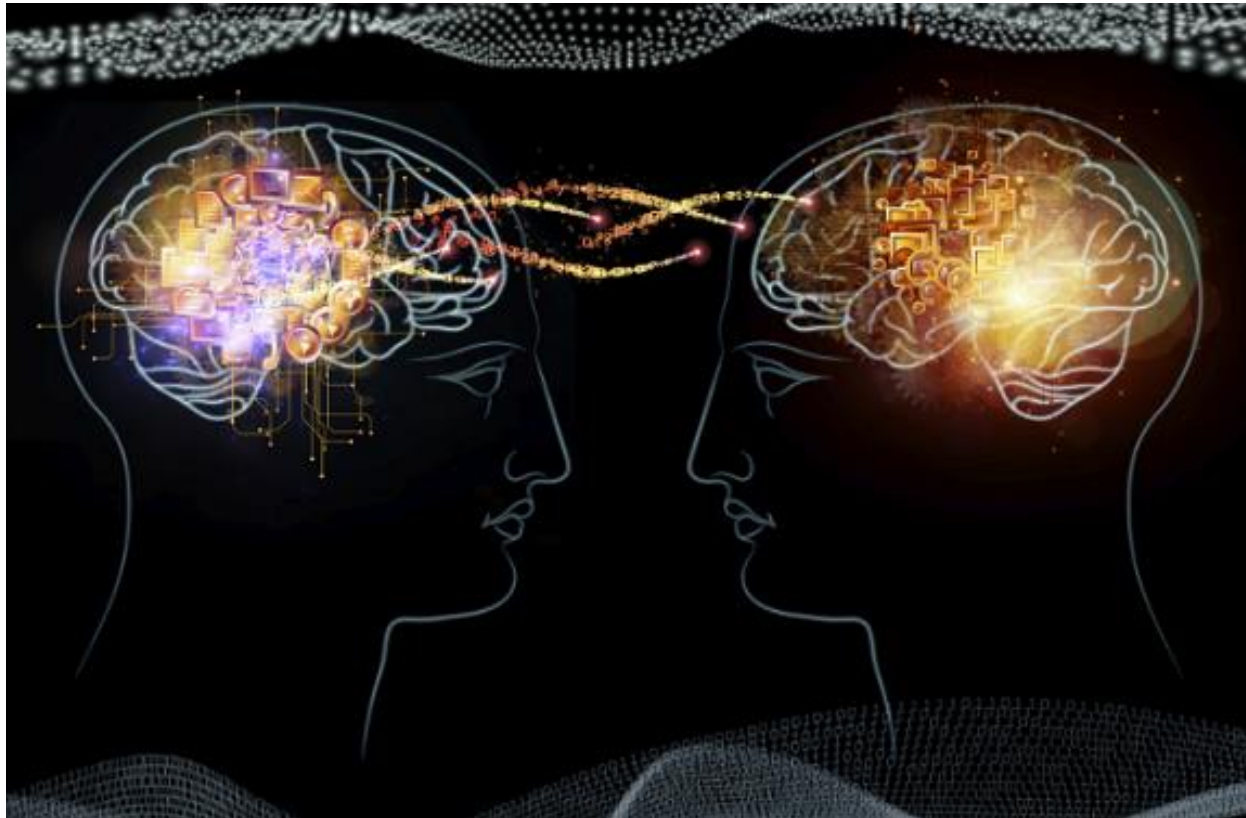


Next to highway driving, the place where microsleep episodes are most common is at work!

ORGANIZATIONAL CAUSES OF FATIGUE



THE SOCIAL BRAIN



- Operates through cerebral circuitry
- Experiences threats to social connections as similar to pain
- Social 'mindreading'
- Social rehearsal

Five Fundamental Neuro-Lessons

1. Three Brains in One

2. The Past is Prologue

3. *Fast* is First

4. What You See Is...

5. Cognitive Fatigue Impairs

BRAIN-CENTERED HAZARDS

- | | |
|------------------------------|--------------------------|
| 1. <i>Fast Brain</i> Priming | 7. The Habit Menace |
| 2. Expectations Bias | 8. Divided Attention |
| 3. Seeing is Suspect | 9. Memory is Mushy |
| 4. Situational Blindness | 10. <i>Social</i> -think |
| 5. Habit is the Hare | 11. Microsleep Mishaps |
| 6. Automaton in Action | 12. Urgency Upsets |

Questions?

THANK YOU!



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