

# EASA Research study on the impact analysis, prevention and management of ATCOs fatigue in the EU

## *Information note*

In the framework of the EASA ATCO Fatigue project on the impact analysis, prevention and management of ATCOs fatigue in the European Union, a data collection is organised to collect ATCO sleep and fatigue data.

**You are invited to participate in this data collection.**

You will be asked to record your data in the dedicated web-app **every day for at least 10 consecutive days** during the 3-week period of the data collection campaign. You will be asked to report:

- the duration and quality of your sleep
- your fatigue level at the end of each working session within your shifts
- information related to contextual factors such as density of traffic, technical issues, etc.

It is important that you complete your activities in the app every day to allow meaningful analysis of the cumulative fatigue that builds up over consecutive days. This should take no more than **a few minutes every day!**

More information on the use of the app can be found in the tutorial on <https://atcofatigue.nlr.nl>

### **Data protection and confidentiality**

We protect your data and guarantee that all your information will be kept strictly confidential. No individual data will be shared with EASA or your employer. We analyse the data at an aggregated level, combining the data of all participants. For more information, please read our privacy policy: <https://www.welbees.com/privacy-policy/>

### **Actigraphy campaign**

An actigraphy campaign will also be launched simultaneously. **If you responded** that you were willing to participate in this additional step of the campaign, **you are invited to wear an actigraph continuously from the 10-day period of the data collection campaign.**

### **What is an actigraph?**

An actigraph, or actiwatch, is a small watch that allows to **objectively measure sleep quantity and quality** by the mean of **motion sensors**. This objective measure provides useful information on the consequences of rostering on ATCO's sleep.

All the data collected through the watch will be analysed by the research team only and will remain strictly confidential.

The watch should be worn continuously, night and day, on duty days and rest days, during the 10 days of the data collection campaign.

The watch should be worn **on the wrist of your non-dominant hand**. If you are right-handed, wear the watch on your left wrist and conversely if you are left-handed. It should be removed only to avoid contact with water (e.g., showering or swimming) as it is not waterproof.

The watch features a **central black button**, to press **when you go to bed** and **when you wake up** from your main sleep. A brief red light should indicate that you have correctly pressed the button.



The watch has already been preprogrammed by the research team. You just need to start wearing it one day before the start of the data collection campaign (you can start in the morning or in the evening, as long as you start wearing the watch before the start of the data collection campaign).

At the end of the 10-day period, please return the watch as soon as possible by following the instructions you have been provided.

Your participation is very important to obtain a representative sample and help us determine and understand factors, causes, and effects of fatigue. This will help to support the design of guidelines to improve fatigue management for European ATCOs.

We fully comply with the European General Data Protection Regulation and uses secured data transfer protocols to collect sleep and fatigue data.

If you have questions, please contact us at [easa.atco.fatigue2023@welbees.com](mailto:easa.atco.fatigue2023@welbees.com)