

# 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 campaign is organised via the TimeWikis application.

### **Collection of fatigue & sleep data**

You will be asked to enter your data **every day for at least 10 consecutive days** in the 3 weeks period of the data collection campaign:

- information related to the duration and quality of your sleep
- your fatigue level at the end of each working sessions within a duty
- context factors such as duty type, density of traffic, technical issues, etc.

This is important that you complete 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**

The web application protects your data and guarantees that all your information will be kept strictly confidential. No individual data will be shared with EASA. We analyse the data at European level, taking into account the data of all participants. Please read our privacy policy for more information: <https://www.timewiks.com/privacy-policy>.

### **Actigraphy campaign**

**The actigraphy campaign** will also be launched **simultaneously**. **If you responded** that you and 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 is a small watch that allows to **objectively measure sleep quantity and quality** by the mean of motion sensors only. This objective measure will provide useful information on the consequences of rostering on ATCO's sleep.

All the data collected through the watch will be analysed by the study consortium 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. During this time, the Actiwatch **stores data on an internal chip only, so it does not transmit data of any kind**.

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. The device is waterproof, but long exposure to water can cause damage. That is why we ask you to **take it off** when you take a shower or go for a swim.

The watch features a **small button on the side**, to press **when you go to sleep**. No feedback is given when you press the button, but it does create a so-called event in the data, which is useful in subsequent data analysis.



The watch has already been preprogrammed by the research team, so all you need to do is to start wearing the watch 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 days period, **please return the watch** as soon as possible by following the instructions you have been provided. The watch will then stop recording automatically.

Your participation is very important to obtain a representative sample and help us determine and understand fatigue factors, the causes, and effects of fatigue. This will help to support 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 [eesa.atco.fatigue2023@welbees.com](mailto:eesa.atco.fatigue2023@welbees.com)

NLR & Welbees | The ATCO Fatigue Consortium

The Actiwatch **DOES** record

- Movement of the wrist
- Light in the environment

The Actiwatch **DOES NOT** record

- Location / GPS
- Heartbeat or any other biometric data
- Any personal information
- Audio, pictures, or video