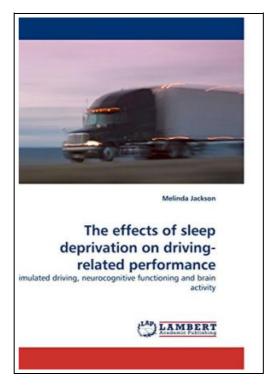
The effects of sleep deprivation on driving-related performance



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THE EFFECTS OF SLEEP DEPRIVATION ON DRIVING-RELATED PERFORMANCE



Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Simulated driving, neurocognitive functioning and brain activity | Sleepiness contributes up to 30% of all heavy vehicle accidents throughout the world each year. Professional drivers are particularly susceptible to the effects of sleepiness, due to chronic or acute sleep deprivation, time-on-task effects, driving at circadian low points, and increased daytime sleepiness resulting from sleep disorders. Population surveys of heavy vehicle drivers indicates that a small proportion of drivers use pharmaceutical means in order to help maintain alertness during long-haul trips. Despite the known benefits of amphetamine-type stimulants on reducing fatigue and sleepiness, epidemiological evidence suggests that a large percentage of fatally injured professional drivers test positive to amphetamines. This book describes three independent studies which highlight the detrimental influence of sleep deprivation on a range of driving-related processes. Sleep deprivation can have large implications for safe driving, and this study highlights the importance of promoting and educating drivers about the dangers of driving when sleepy. | Format: Paperback | Language/Sprache: english | 388 gr | 220x150x14 mm | 280 pp.

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