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[54] **METHOD FOR PREDICTING ALERTNESS AND BIO-COMPATIBILITY OF WORK SCHEDULE OF AN INDIVIDUAL**

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[58] Field of Search 128/630, 731, 732, 898

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[57] ABSTRACT

A method enables the prediction of the likely alertness level of an individual at a given point in time based upon the analysis of certain biological and other parameters associated with the individual subject including, circadian phase of the biological clock, accumulated acute or chronic sleep deprivation, shift commencement and termination time, time of last sleep, environmental light, etc. Among other advantages, the method facilitates the creation of bio-compatible schedules for shift workers by providing an accurate model of the likely alertness level of the individual on a specific schedule.

15 Claims, 14 Drawing Sheets

