

ening tendency, sleep/wake diary data, currently acclimated shift/sleep schedule, shift/duty times, and rules for probable sleep-wake pattern.

13. The method of claim 11 wherein said adjusting said initial alertness data based upon a plurality of predetermined alertness-modifying stimuli to which said individual is exposed comprises adjusting alertness-modifying stimuli selected from the group consisting of nap, caffeine ingestion, alcohol ingestion, sleep depriva-

tion, sleep restriction, photostimulation, sleep phase, and bright light.

14. The method of claim 11 wherein said supplying said selection determination in a humanly-sensible format consists of supplying said selection determination as printed output.

15. The method of claim 11 wherein said supplying said selection determination in a machine-readable format consists of supplying said selection determination as electronic impluses.

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