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(54) **METHOD AND SYSTEM FOR PREDICTING HUMAN COGNITIVE PERFORMANCE**

(75) Inventors: **Thomas J. Balkin**, Ellicott City, MD (US); **Gregory L. Belenky**, Kensington, MD (US); **Stanley W. Hall**, Silver Spring, MD (US); **Gary H. Kamimori**, Laurel, MD (US); **Daniel P. Redmond**, Silver Spring, MD (US); **Helen C. Sing**, Takoma Park, MD (US); **Maria L. Thomas**, Columbia, MD (US); **David R. Thorne**, Washington, DC (US); **Nancy Jo Wesensten**, Silver Spring, MD (US)

(73) Assignee: **United States of America as represented by the Secretary of the Army**, Washington, DC (US)

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(52) **U.S. Cl.** **600/300; 600/301**

(58) **Field of Classification Search** None
See application file for complete search history.

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Primary Examiner—Robert L Nasser

(74) *Attorney, Agent, or Firm*—Elizabeth Arwine

(57) **ABSTRACT**

An apparatus and a method for predicting cognitive performance of an individual based on factors including preferably sleep history and the time of day. The method facilitates the creation of predicted cognitive performance curves that allow an individual to set his/her sleep times to produce higher levels of cognitive performance. The method also facilitates the reconstruction of past cognitive performance levels based on sleep history.

13 Claims, 12 Drawing Sheets

