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11. The method as claimed in claim 9 wherein the step of producing an output signal includes producing an audio alarm signal if the frequency of produced electric signals having the signal strength is less than a predetermined frequency.

12. A method for monitoring the vigilance of a subject comprising the steps of:

using a sensor, attached to the eyelid of the subject, to produce an electric signal in response to each eyelid movement, wherein the strength of the signal depends on the magnitude of the eyelid movement;

monitoring the frequency of electric signals produced having a signal strength above a threshold level corresponding to a small active eyelid movement; and

producing an output signal if the frequency of produced electric signals having the signal strength is less than a predetermined frequency, wherein the step of monitoring the frequency of electric signals produced includes the steps of:

storing the highest strength signal produced during each predetermined time period;

comparing the highest strength signal to a threshold level signal during each predetermined time period; and

temporarily storing a number in each of a certain number of addressed buffer locations representing whether a signal having the signal strength was produced during a corresponding time period.

13. The method as claimed in claim 12 wherein the step of producing an output signal includes the steps of:

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producing a first output signal if the frequency of produced signals having the signal strength is less than a first predetermined frequency; and

producing a second output signal if the frequency of produced signals having the signal strength is less than a second predetermined frequency.

14. A method for monitoring the vigilance of a subject comprising the steps of:

using a sensor, attached to the eyelid of the subject, to produce an electric signal in response to each eyelid movement, wherein the strength of the signal depends on the magnitude of the eyelid movement;

monitoring the frequency of electric signals produced having a signal strength above a threshold level corresponding to a small active eyelid movement; and

producing an output signal if the frequency of produced electric signals having the signal strength is less than a predetermined frequency, wherein the step of producing an output signal includes the steps of:

producing a first output signal if the frequency of produced signals having the signal strength is less than a first predetermined frequency; and

producing a second output signal if the frequency of produced signals having the signal strength is less than a second predetermined frequency.

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