

What are the objectives of the survey?

The survey is the first international and independent survey of the operational practice of controlled rest on the flight deck. The objectives of the survey are to identify where controlled rest is practiced across the world, how different controlled rest procedures are structured and to improve understanding of the advantages and disadvantages of controlled rest.

What is controlled rest?

Controlled rest occurs when a pilot, who is part of a two-pilot operating crew, is temporarily relieved of operational duties and follows a company 'controlled rest procedure' for taking a period of rest and sleep (nap) in-seat on the flight deck. Controlled rest is not taken in the cabin or bunk and is not used to defer or to extend flight and duty time.

Who should complete the survey?

The survey is open to all companies, irrespective of your level of experience of controlled rest. We are keen to hear the views of those who do not have controlled rest procedures in place at their operation, as well as those that do.

A maximum of three people should complete the survey from each company. These individuals should ideally include:

- 1) One line pilot who is a union representative
- 2) One representative from the safety department, or management, with a good understanding of the company's approach to controlled rest on the flight deck
- 3) One line pilot, who may or may not have other roles

Who long will the survey be open and how long does it take to do?

The survey will be open during the 70th annual International Air Safety Summit (IASS), October 23rd-25th 2017, and until the end of the year. The survey should take approximately 10 minutes to complete.

Will my survey responses be confidential?

Yes, when you submit your completed survey it will be returned to Clockwork Research and no one else will see your answers. Individual surveys will only be analysed by Clockwork, and all data will be de-identified/anonymised so that no individual or company can be identified.

How do I access the survey?

You can access the survey at <https://www.clockworkresearch.com/survey>

Who is conducting the survey and where do I find further information?

The survey is being conducted by Clockwork Research, an independent organization specializing in fatigue risk management. Please come and talk to us at our stand in the exhibitors area, or you can contact Dr Alexandra Holmes, Research Director alex.holmes@clockworkresearch.com

How will the survey results be released?

The results will be submitted for publication in a scientific journal, made available to everyone on the Clockwork Research website (www.clockworkresearch.com)