



STUDENT WORKBOOK

Sleep Deprivation:

Overview:

The intent of this module is to initiate a discussion on sleep deprivation that may occur as a wildland firefighter.

Exercise Instructions:

Watch the video, and then divide into groups or work as a whole class. Take 15 minutes and discuss the questions below. If exercise is done in groups share your answers with the whole class when complete.

Exercise

Throughout the summer as a wildland firefighter, it may be challenging to get proper sleep and rest while fighting fires. It may be common to develop cumulative sleep deprivation and fatigue.

- Discuss some of the experiences that you have encountered when you didn't get proper sleep while on assignment?
- When have you, "hit your limit" of sleep deprivation while on fires?
- Describe some fireline operations that you have seen or are aware of that were adversely affected by sleep deprivation?

Waste products in the brain get cleaned out while we sleep utilizing the glymphatic system. If these waste products don't cleaned out, "sleep pressure" builds up.

- How do you feel when you have too much sleep pressure built up in your head? How does that pressure affect your performance and decision making?
- How do you think the brain's cleaning system is affected if you are exposed to excessive smoke, saw exhaust, pump exhaust or dust and dirt while being sleep deprived?

Refer to the Smoke Module on the WFSTAR website for more information on how smoke exposure affects the human body.

Submit feedback for the 2016 Fire Refresher using the QR code below.

