

Are you Getting Enough? The Science of Sleep.

Recent FAA initiatives to reduce accident rates due to fatigue are supported by evolving advances in sleep studies of how the brain becomes less effective in the absence of adequate sleep. Learn from our expert, Dr. David Bahnson, about the insidious effects of sleep deprivation and fatigue, and how to avoid them.

Directions: From the east or west on Williston Road turn onto Valley Road. Follow to the end and turn left to VFA parking.

A message from the National FAASTeam Manager

Invite a fellow pilot to the next WINGS Safety Seminar in your area.

Sign up for the FAA's safety services at www.FAASafety.gov!

The FAA Safety Team (FAASTeam) is committed to providing equal access to this meeting/event for all participants. If you need alternative formats or services because of a disability, please communicate your request as soon as possible with the person in the "Contact Information" area of the meeting/event notice. Note that two weeks is usually required to arrange services.

Event Details

Tue, Jan 13, 2015 - 18:00 EST

The Vermont Flight Academy

355 Valley Road

South Burlington, VT 05403



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