



The NU Transportation Center Icarus Society presents.....

“The Science of Sleep: Aviation Rest and Fatigue Regulations for Pilots – a Panel Discussion”

Tuesday – April 1, 2014 – 5:15 pm

Location: Northwestern University Transportation Center,
Chambers Hall, 600 Foster, Evanston – Lower Level

Speakers:

Noam Alon, Director of the United Airlines Network Operations Center

Dr. Kathryn Reid, Research Associate Professor in the Department of Neurology at Northwestern University Feinberg School of Medicine & Associate Director of the Circadian Rhythms & Sleep Research Program

The FAA has adopted new regulations for scheduling and managing U.S.-based pilot flight time, duty and rest. The rule is based on the building body of sleep science that demonstrates the correlation between sleep and performance. Come listen to two experts discuss the biology of sleep and the impact to the U.S. Airline industry.

About the Speakers:

Noam Alon is Director of the United Airlines Network Operations Center. He is responsible for providing centralized direction and coordination of operational and service aspects for nearly 6,000 daily flights around the globe. In this capacity, he is focused on schedule integrity, customer convenience, and operating profit. Noam is also a United Airlines pilot, having flown both 737 and 727 jet aircraft for the airline. He recently was part of a core team of leaders responsible for United’s preparation and transition to the new pilot flight and duty regulations, FAR 117. He earned his MBA from Kellogg in 2008. He works out of United’s Operations Center in the Willis Tower in downtown Chicago.

Dr. Kathryn Reid received her PhD from the University of Adelaide in Australia in 1998. Dr Reid’s research interests are aimed at gaining a greater understanding of the relationship between the sleep and circadian systems with health and safety. Current research areas include, understanding the basis and treatment of circadian rhythm sleep disorders, the effects of sleep loss on performance and safety, and the relationship between sleep and risk for metabolic and cardiovascular disease. Dr Reid also has extensive experience in the study of the impact of shift work on sleep, performance and health in the workplace. She has received funding from the National Academies of Science/Transportation Research Board, National Institutes of Health, National Space and Biomedical Research Institute, Philips Consumer Lifestyles and has published her work in internationally recognized peer reviewed journals. She is a leading expert in sleep research and has presented her work at numerous national and international conferences.