

1. Fatigue has a negative effect on (1) attention level, (2) memory, (3) mood and (4) reaction time
2. Awareness is critical to optimal performance
3. FAR 135 operators cannot schedule their crews more than a **14-hour** duty day when preceded by **10 consecutive hours of rest**
4. **Self-checks can mitigate fatigue errors**
5. Planned **sleep shifting** can allow for maximal alertness during critical flight phases