

**ALERTNESS, PERFORMANCE AND SLEEP OPTIMIZATION
FOR
SINGLE-HANDED TO FULLY CREWED YACHT RACING**

April 9, 2011

9am – 5pm

at The Newport Yacht Club

Newport, Rhode Island

Presented by:

Claudio Stampi, M.D., Ph.D, Founder and Director of
the Chronobiology Research Institute

Hosted by: Bermuda One-Two Event

The Chronobiology Research Institute in Boston, MA, conducts research on human alertness, biological rhythms and sleep, and runs Alertness, Performance and Sleep Optimization programs in industry and sports. Institute Director and workshop presenter Claudio Stampi is also very familiar with the requirements and constraints of offshore sailing campaigns, having participated himself in two around the world races, including the 1981-82 *Whitbread* as skipper of *La Barca Laboratorio*. He is the pioneer of *polyphasic* (multiple napping) sleep strategies and of leading research in this field, having studied sleep patterns of, and worked with, the top oceanic skippers since 1980.

The tentative fee is \$260 per person (but may be less),
includes refreshments and lunch

This workshop is limited to 15 participants.

For seminar reservations:

Enroll by calling or email

Roy Guay – 401-423-2938

Roy@RoyGuay.net

WORKSHOP OVERVIEW

Today, to win a race it is no longer enough to sail the best boat in town, secure a highly professional shore team, and be masters in sailing technology and strategy. To gain a truly competitive edge, skippers *must* focus on their own “design specs”, also known as human factors. Races are won by those sailors capable of handling their own resources – of skill, stamina, determination – wisely. To achieve these objectives, the Chronobiology Research Institute has designed a four-phase approach: *foundation, assessment, practice, and alertness routing*. This workshop is phase 1 (foundation) of the program.

Specifically, the workshop aims are:

- Provide competitors with the basic knowledge and tools of fatigue management, including:
 - Fundamentals of sleep-wake, alertness and circadian regulation
 - State-of-the-art solutions and techniques for optimizing performance and alertness
 - Polyphasic and multiple napping strategies
 - Early detection of subtle signs and effects of sleep deprivation, and countermeasures
- Overview of current strategies employed in a variety of offshore sailing races
- Methods to empower skippers and crew to manage fatigue risks
- Examine and discuss pros and cons, costs and benefits of work-rest schedules and patterns previously adopted by skippers and crew
- Evaluate possible strategies for the upcoming race(s)
- Conduct detailed interviews with skippers and crew about their sleep-wake and circadian history

The data that will be presented originates from the following races and skippers, among many others: Ostar, Vendee Globe, Route du Rhum, Jacques Vabre, Around Alone; Ellen MacArthur, JP Mouligne, Giovanni Soldini, Mike Golding, Alain Gautier, Brad Van Liew.