



Navigate. Inspire. Cure. Educate.

Sleep While Sailing Solo Offshore

A brain-based guide to napping.

In addition to being a solo offshore sailor, Phil Haydon is an internationally recognized neuroscientist whose research focuses on the regulation of sleep. In 2009 he discovered the mechanism that causes the brain to desire to sleep after a period of sustained wakefulness. This presentation is appropriate for sailors of all ages with an interest in learning strategies to sleep and rest while sailing overnight. This includes couples who cruise overnight, young sailors developing their offshore skills or experienced racers. The knowledge gained can help develop effective watch schedules for doublehanded sailors as well as napping strategies for the solo sailor.

PRESENTATION

Over the past few years shorthanded sailing has gone through rapid growth. For overnight passages there are several variables to be handled by the shorthanded sailor but perhaps most overlooked is how and when to sleep. There are numerous examples of accidents in which sleep deprivation was a significant contributing factor.

Understanding some brain processes that control sleep will help develop a napping strategy that permits one to sail overnight. Napping can help mitigate consequences of sleep deprivation and prevent serious errors when sailing. Phil will discuss how the brain controls sleep and wakefulness and why there are specific durations of naps that are best suited to allowing a sailor to wake, have a look-out and check sail trim, and then (if circumstances permit) allow them to go back for another nap.

Phil will give information about the brain that provides the foundation for these napping strategies, will discuss polyphasic sleep (several short periods of sleep per day) and answer questions including: is caffeine good or bad? are there long-term consequences of polyphasic sleep?

Event Length

This presentation can be short, as part of a larger event (like a club dinner) or can be longer, if the talk is the focus of the gathering. Broadcasting to a digital audience via Zoom is also an option.

Materials

Attendees will receive a Sail For Epilepsy flag customized with the latitude and longitude of the port stop. Sail For Epilepsy will provide educational materials for the audience to take home and will work with the host organization to provide these materials in multiple languages as needed.

HOST REQUIREMENTS

- secure suitable location
- provide tables / chairs / tents / volunteers as needed
- seek local sponsorship to offset host costs (host will keep all proceeds)
- sell tickets or manage any required advanced registration
- provide any necessary food or drink
- publicize to local audience

