

Description

You feel sleepy at work and sit with a coffee mug, hoping it will drive away the sleep. But how many times would you do this? Well, you can take the help of mathematics to regulate that. Researchers of American Academy of Sleep Medicine have prepared an algorithm to regulate the amount of caffeine according to the desired sleep duration. The algorithm also aims to maximize the alertness by using the least possible caffeine content required. It uses a mathematical model that includes the algorithm to analyze the effects of sleep loss on the psychomotor vigilance task (PVT) performance. The researchers computed and compared dosing strategies for four previously published experimental studies of sleep loss. The researchers also suggest the algorithm can schedule the timing of caffeine intake to maximize its effect. This algorithm is possibly the first quantitative tool that guides safe yet effective caffeine dosing.

To know more, click here now!

Category

1. Checklist

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Author
daveishan

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