ScienceDirect



Purchase

Export 🗸

Wilderness & Environmental Medicine

Volume 18, Issue 2, June 2007, Pages 127-132

Brief Report

Sleep Profiles and Mood States During an Expedition to the South Pole

Charles R. Pedlar MSc $^1 \stackrel{\wedge}{\sim} \boxtimes \dots$ Neil Stanley PhD 3

⊞ Show more

https://doi.org/10.1580/06-WEME-BR-039R1.1

Get rights and content

Objective

To study sleep parameters and mood profiles of a female explorer traveling solo and unaided to the South Pole during the winter.

Methods

During the 44-day expedition, global activity and sleep were assessed using a wrist actigraph (AW) worn on the nondominant wrist. Mood was assessed using an adapted Profile of Mood States questionnaire. Pre- and postexpedition physiologic profiles were conducted to assess body composition, strength and power, and aerobic capacity.

Results

The AW data revealed decreasing sleep duration throughout the expedition, with an average sleep time of 5Â hours (range, 8Â hours and 14Â minutes to 1Â hour and 42

minutes), with sleep times consistently <3 hours during the final third of the expedition. Mood responses indicated a progressive reduction in vigor and increase in fatigue. Sleep time was positively related to vigor and inversely related to depression and fatigue, a finding that is consistent with the notion that positive feelings (high vigor and low fatigue) are linked with sleep.

Conclusions

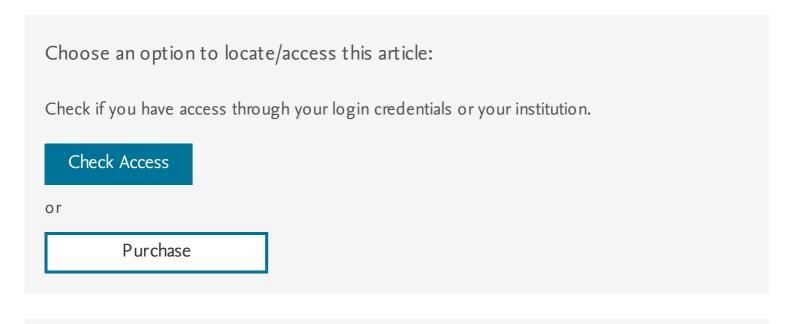
This account provides insight to help understand the limits of human tolerance and may be directly applicable when planning future expeditions of this nature.



Key words

Recommended articles

sleep; mood; endurance; wristwatch actigraphy; polar exhibition



Copyright © 2007 Wilderness Medical Society. Published by Elsevier Inc. All rights reserved.

Citing articles (0)

ELSEVIER

About ScienceDirect Remote access Shopping cart Contact and support Terms and conditions Privacy policy

Cookies are used by this site. For more information, visit the cookies page. Copyright $\hat{A} \odot 2018$ Elsevier B.V. or its licensors or contributors. ScienceDirect \hat{A} [®] is a registered trademark of Elsevier B.V.

RELX Group™

- Sleep profiles and mood states during an expedition to the South Pole, .
- Leadership in desperate times: An analysis of endurance: Shackleton's incredible voyage through the lens of leadership theory,
- Effects of a 3-month endurance event on physical performance and body composition: the G2 trans-Greenland expedition,
- By endurance we conquer' Ernest Shackleton and performances of white male hegemony,
- Psychiatric illness and suicide in the heroic age of Antarctic exploration,
- Psychology during the expeditions of the heroic age of Antarctic exploration,
- The Endurance: Shackleton's Legendary Antarctic Expedition, Travelling Mass-Media Circus: Frank Hurley's Synchronized Lecture Entertainments,