



# Member Update

## Sleep Inertia Training

Brothers & Sisters,

In accordance with Section 2 of the [Fatigue MOU](#), the FAA and NATCA have collaboratively developed the educational material that emphasizes the importance of recovery and being fully alert when returning to duty after a recuperative break. This is otherwise known as sleep inertia training.

The training will take approximately 15 minutes to complete and will be available and assigned to all ATCS, TMC/S, and FSS bargaining unit employees in eLMS beginning Aug. 22, 2024, with an expected completion date of Oct 1, 2024. The training is not limited to 24-hour facilities as employees may transfer, and as required under Section 9. b. of the Fatigue MOU, we will soon be developing a policy that permits napping on recuperative breaks on all shifts.

Upon completion of the training, and in accordance with the MOU, bargaining unit employees are allowed to nap outside of the operation during authorized recuperative breaks and must be mindful of the action necessary to mitigate sleep inertia.

Please email any questions regarding the fatigue MOU to [FatigueQuestions@natca.org](mailto:FatigueQuestions@natca.org).

In Solidarity,

The National Executive Board

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