

Enterprise Transformation: Circadian Rhythms

Video Transcript

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"If you have a passion, you have a platform, and you have patience, you can be an agent for change.

"Fatigue is always the enemy of safety in maritime operations. Navy ships go to sea all the time. It's a very difficult environment. However, the Navy watch rotations that have developed over time don't necessarily support the support the body clock—the circadian rhythm as part of our natural cycle.

"It wasn't until 2017 where they adopted the circadian watch rotation as a way of doing business.

"Over the years, there has been a lot of research in this area. I was part of an experiment where I stood watch on USS *San Jacinto* for three hours on, nine hours off. The crew adopted this watch bill, and it gave us a longer interval between watches with an opportunity to rest, and you slept at the same time, so you got better quality sleep.

"The results were phenomenal. One of the crew members said the words 'life changing.'

"It should help, over time both the safety of our sailors at sea, and it should also help their long-term health after the leave the Navy."