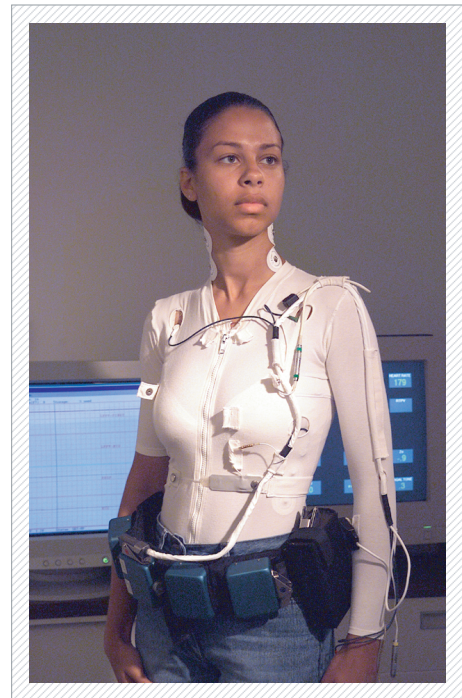




Autogenic Feedback Training Exercise (AFTE) in High-Stress Environments

- Objective** Enhance operator performance, health, and safety through psychophysiological monitoring and control of autonomic nervous system function.
- Approach** Autogenic Feedback Training Exercise (AFTE) is used to train people to monitor and voluntarily control a range of their own physiological responses to reduce symptoms of motion sickness and to improve orthostatic tolerance.
- Impact** The training has facilitated adaptation to space and re-adaptation to Earth for astronauts and cosmonauts, and has improved Coast Guard pilot performance in C-130 aircraft and multi-crew helicopters during search-and-rescue missions. AFTE has also been demonstrated to relieve symptoms of nausea and fainting in patient populations. Autonomic nervous system monitoring has enabled U.S. Army Tank & Automotive Command to assess the impact of motion sickness on soldier performance within armored vehicles.



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