

## HALF OF PILOTS FALL ASLEEP

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**Daily Express reporter**

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HALF of all pilots have fallen asleep at the controls of airliners carrying hundreds of passengers, a report has found.

Surveys carried out by the European Cockpit Association, which represents pilots, found large numbers are half-asleep – or not even awake – while flying passenger aircraft.

Between 43 and 54 per cent of pilots polled in Britain, Norway and Sweden said they had fallen asleep “involuntarily” while flying – and a third of these said they woke to find their colleagues were also asleep.

The pilots’ group spokesman said: “Long duty and standby hours, night flights and disruptive schedules often result in long times awake, sleep deprivation and are followed by insufficient rest and poor sleep opportunities.”