

# **Attachment 1**

**From:** Ilic, Werner X  
**Sent:** Monday, April 13, 2009 2:46 PM  
**To:** Kabul LGF Request  
**Subject:** FW: Elaboration on today's meeting.

**Gentlemen, for your information below.**

**Werner**

**GFC**

## **To whom it may concern from experience speaking!**

RSO Niall,

Please be aware and as you have requested my elaboration in written format. As briefly discussed in the meeting today, the LGF operate at what I would consider the "Threshold" for Sleep Deprivation. Further meaning, that our work schedule, hours and sleeping pattern's keep the LGF very close to the edge of serious sleep deprivation. When we have to work guys overtime or ramp up extra manpower (during scheduled off days) due to increased threat conditions etc...etc...; we further compound the issue of sleep deprivation. This ultimately diminishes the LGF's ability to provide security.

To better explain, here is where it starts, the LGF work 3 days then transition (swing shift) into 3 nights then transition into 3 days off (it used to be 2x2x2). Each work day equals 14 actual hours of work; Supervisor's can average up to 15 hours per work day.

Snap shot of an average day for a shift:

1. 05:00hrs every day, Shift Brief for on-going shift, along with "In-Service Training", the Convoy Brief, followed by convoy load time and organization for entire shift (approximately 113 during the day) followed by actual convoy movement.
2. 05:45 to 06:15hrs. (approximately) you have the shift change over on site,
3. 06:15 to 17:45, regular work day on site.

4. 17:45 to 18:15, Shift change over, followed by reorganization of convoy for off-going shift, then actual convoy movement
5. 18:30 (approximately) Off-going shift returns to Camp Sullivan, weapons and equipment are down loaded and convoy equipment is stowed, vehicle's re-staged in parking lot.
6. 19:00 (approximately) Off-going shift is complete, all equipment is accounted for and secured, they are then on personnel time whether to work out and train, eat dinner, watch TV or a movie, internet, phone calls, sleep or etc.
7. 10 hours later, it starts all over with a 05:00hrs Shift Brief not taking into consideration wake-up and grooming and breakfast.

This averages an actual 14 hour day for each LGF member. Some days can be as short as 13.5 hours and some days as long as 14.5 hours. Supervisor's can average an additional (approximate) 30 minutes prior to and after a shift conducting administrative duties and or shift organization. All personal hygiene, laundry, personal e-mail/matters, Physical fitness, usually 2 meals and sleep must be conducted within the 10 hour window between an individual's shifts.

After completing the 3 days in a work cycle which ends at 19:00hrs, the shifts swings into a night shift schedule. Their next duty starts at 17:00hrs the following day for the evening Shift briefing. This is a 22 hour transition window which most LGF only sleep once and are back at it again with the same 14 hour schedule for their first night shift. This can be viewed as getting one good sleep in for a 36 hours window of time (by the end of their first night shift, followed by two more night shifts).

When finishing their last night shift, they are immediately off, however, do to working all night (arriving back at Camp Sullivan around 06:30) they sleep most of the first day off. They then have to adjust back into a night-time sleeping pattern. The second day off is a designated training day. Third day is a scheduled off day.

If you average this work schedule out over the course of a month, an LGF member transitions from a day to night sleeping pattern on average of 7 times. It's nearly impossible to establish a rhythmic sleeping pattern. This is what causes the sleep deprivation. You can see its effects over the course of time. When a shift gets back on ground after an R&R, they are fresh and full of energy, as compared to a shift that is been in the grind for 7 or 8 weeks and sometimes shown after 5 and 6 weeks.

In summary, a disruption or addition to the current work schedule further compounds the level of sleep deprivation and is not sustainable by the LGF for extended periods of time.

Respectfully, Werner Ilic

Guard Force Commander US Embassy, Kabul Afghanistan

ArmorGroup North America

Tel: (+93) 0777715903 (+93) 0799715903

[ilic@state.gov](mailto:ilic@state.gov) or [wernerilic@yahoo.com](mailto:wernerilic@yahoo.com)