

Figure 9.1 Routine flying may lead to under-arousal and inattentiveness.

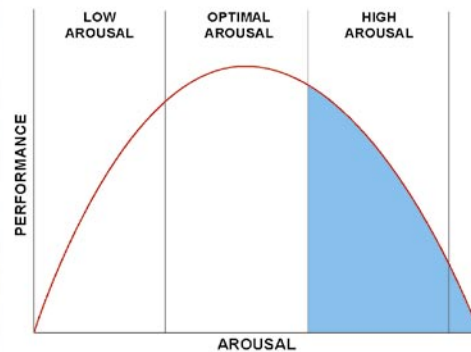


Figure 9.2 Flying in deteriorating weather conditions may lead to performance degradation through mental overload or overarousal.

Pilots can avoid **performance degradation** through **under-arousal** by maintaining strong personal motivation, maintaining a healthy respect for the hazards of flying traditionally associated with inattentiveness, and by ensuring that they have set themselves a measurable objective for every flight.

The risk of **performance degradation** through **mental overload** or **over-arousal** can be lessened by thorough and systematic pre-flight planning. (See Figure 9.3)