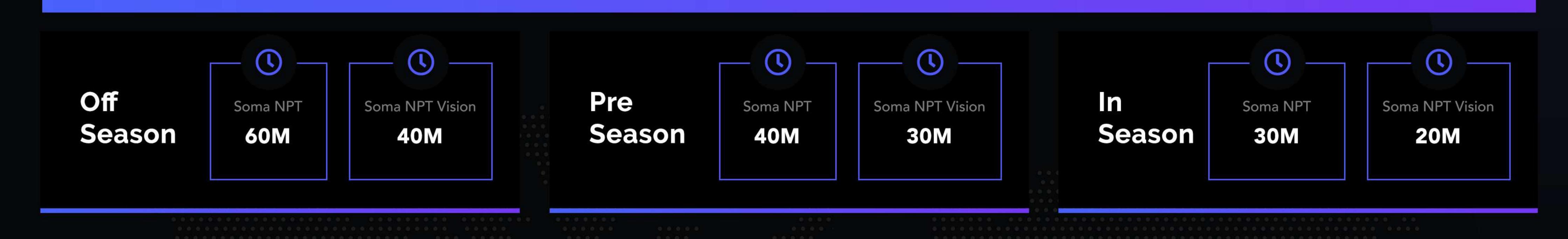
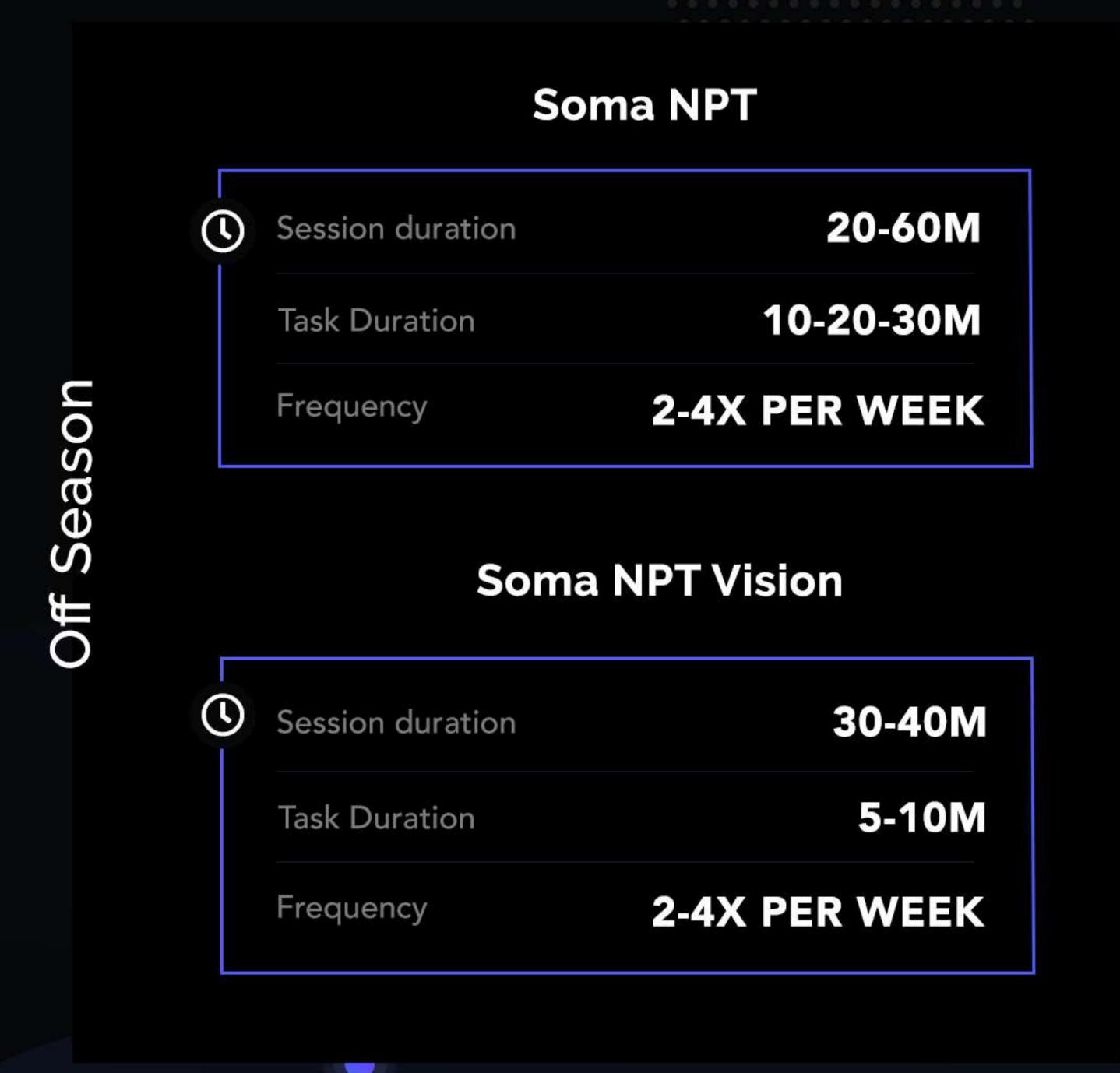
## SOMA GUIDELINES

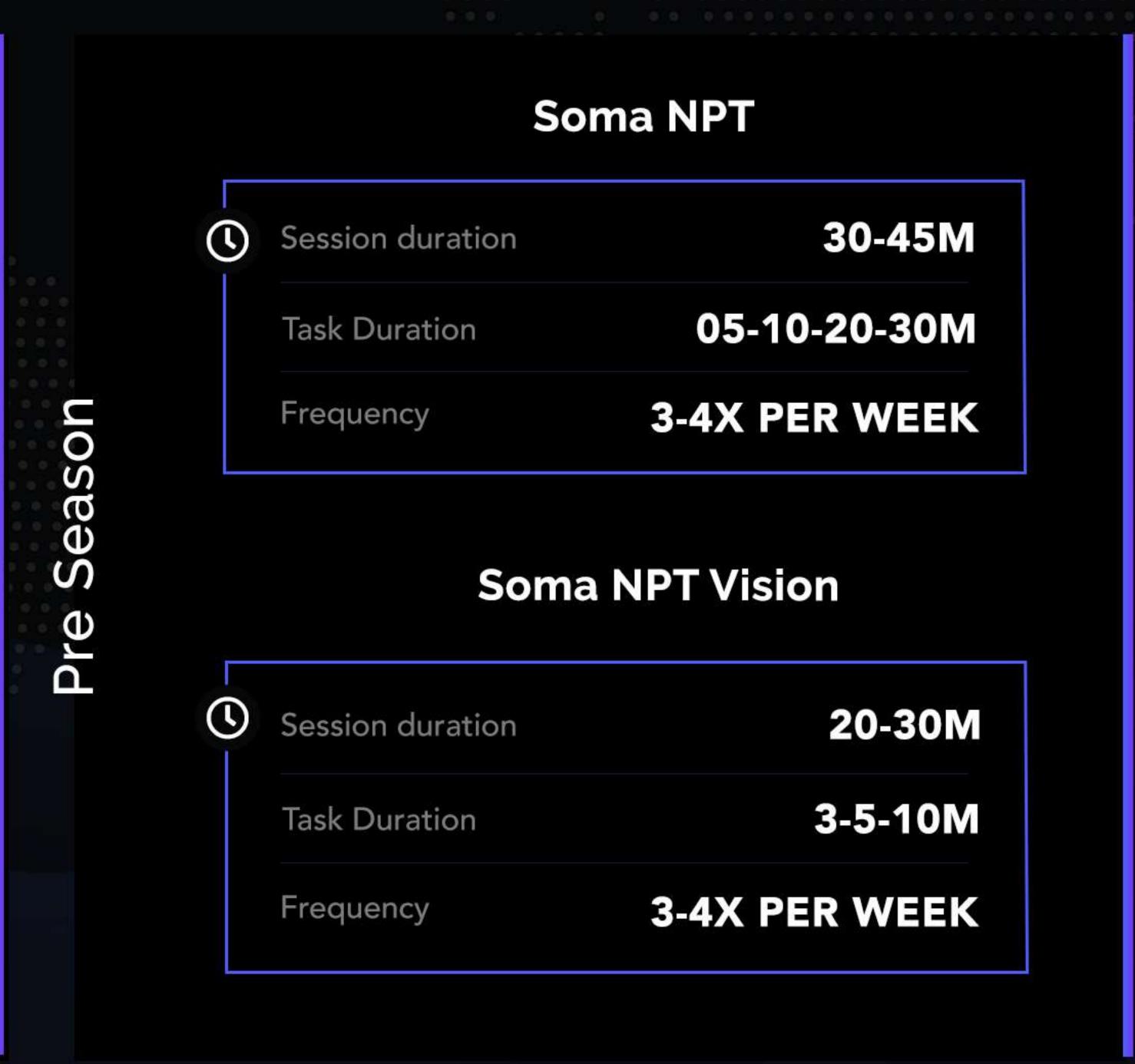


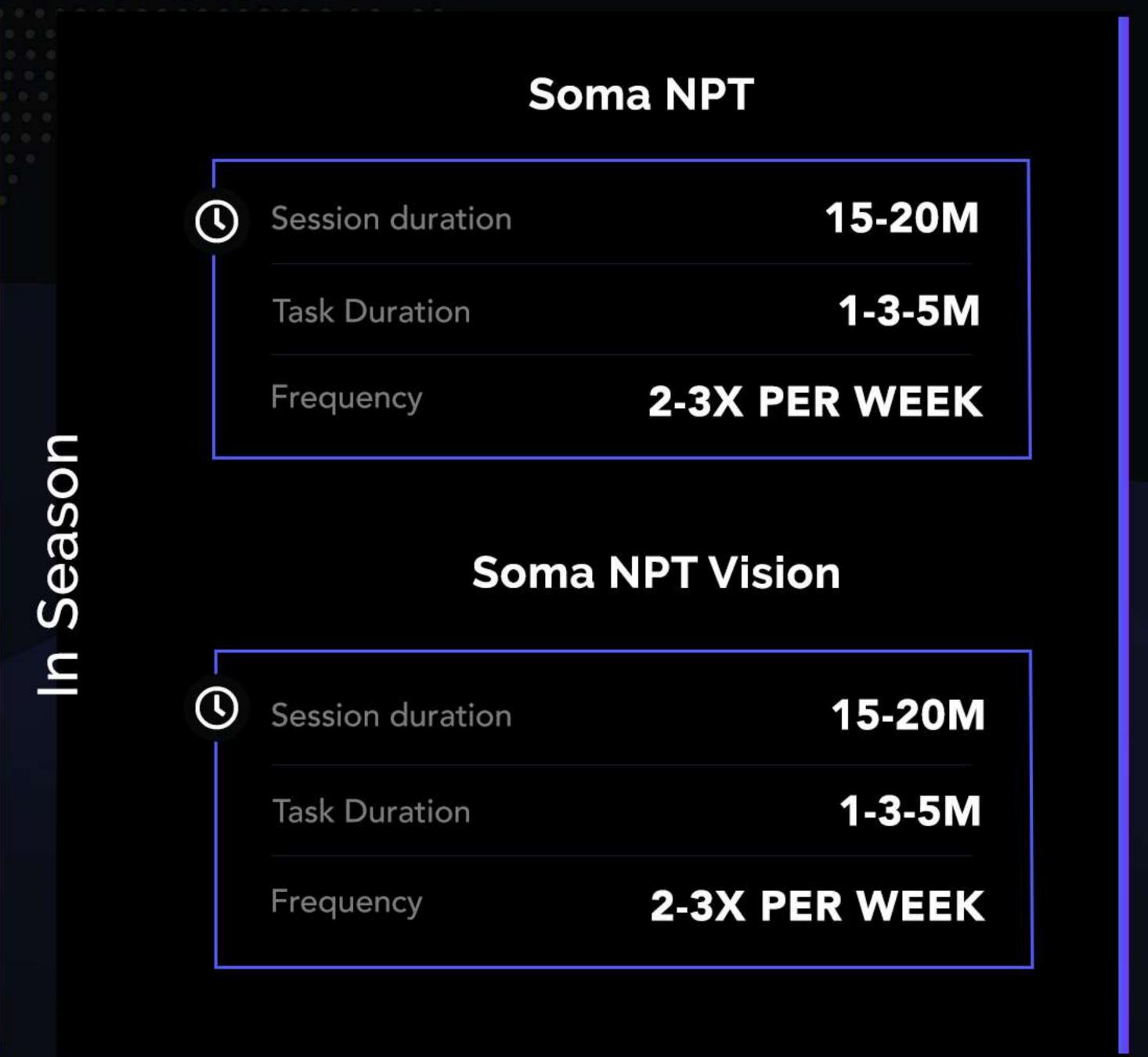
## Baseline Guidelines











## Data



## Cognitive stress

## Easy

Duration 1m..3m
Intensity 10%..30%
Drill Difficulty 1-2.5

### Moderate

Duration 5m..10m
Intensity 40%..70%
Drill Difficulty 3-3.5

PHYSICAL LOAD

## Hard

Duration 20m..30m
Intensity 80%..100%
Drill Difficulty 4-5

PHYSICAL LOAD

CHOICE REACTION

SIMPLE REACTION

## SOMA GUIDELINES



## Data



# Cognitive stress

## Easy

Duration 1m
Intensity 10%..30%
Drill Difficulty 1-2.5

### Moderate

Duration 3m...5m
Intensity 40%..70%
Drill Difficulty 3-3.5

PHYSICAL LOAD

## Hard

Duration 10m
Intensity 80%..100%
Drill Difficulty 4-5

PHYSICAL LOAD

CHOICE REACTION

SIMPLE REACTION