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Sommario/riassunto	This report reviews, and explains the research literature pertaining to simulator sickness. Simulator sickness is a form of motion sickness. Consequently, motion sickness is reviewed also. Special emphasis is given to simulator-based flight training--especially helicopter flight training. This review includes the sensory basis of the perception of motion, the terminology of motion sickness and simulator sickness, a selected history of these research fields, sickness signs and symptoms, measurement issues, incidence of sickness, residual aftereffects, adaptation to a novel motion environment, susceptibility factors, performance issues, training issues, safety issues, treatment, theory, guidelines for simulator-based flight training, and suggestions for further research. The sensory conflict theory and the postural instability theory are described insofar as they relate both to motion sickness and to simulator sickness. The effect of simulator sickness on training effectiveness, if any, remains a subject for future applied research.