

# Onboard Sleep Checklist

By Bianca Hendriks

- Before the Flight
  - Establish a bedtime routine.
  - Start adjusting your sleep schedule with your destination's time zone in mind.
  - Minimise stress by getting organised for your trip early.
  - Pick out a travelling outfit of loose fitting comfortable clothes.
  - Check in online so you can start relaxing as soon as you get to the airport.
- During the Flight
  - Use sleep triggers from your bedtime routine.
  - Listen to a relaxing music.
  - Use an eye mask, neck pillow and ear plugs.
  - Change your watch to your destination time.
  - Relax your muscles with gentle stretches.
  - Walk up and down the aisle from time to time.
- When you arrive
  - Exercise in the morning to help reset your body clock.
  - Make sure the room isn't too hot or too cold.
  - Ask that you're not disturbed when trying to sleep.
  - Use sleep triggers from your bedtime routine.
  - Take a nap or use caffeine between 3am and 5am home time.
  - If you're on a short trip of less than 48 hours, avoid jetlag altogether by staying on home time as much as possible.
  - Avoid exercise within 2-3 hours of bedtime.