Onboard Sleep Checklist

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# Tasks:

☐ **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.**