YOUR COMPLIMENTARY GUIDE

Rest easier, wherever you go.

Simple routines, food and drink choices, and small in-flight habits to help you settle into a long journey.

THE THREE-PART PLAN

1 Prepare your sleep schedule

2 Make a calm space on board

3 Reset gently after arrival

Before you travel

Build a little breathing room before a long flight. The aim is to arrive rested, not to force sleep at a particular hour.

Keep your usual rest on track

Prioritise adequate rest in the days before departure. If you are crossing time zones, gradually shift bedtime and wake time toward your destination when practical.

Pack a small rest kit

Bring your eye mask, comfortable layers, a water bottle, and anything you normally use to relax. Keep essentials within reach rather than in an overhead bag.

Plan a lighter pre-flight meal

A modest meal may feel more comfortable than a heavy one just before travel. Choose foods you already know agree with you.

Use caffeine thoughtfully

Coffee or tea can help during a wake period, but large amounts close to your planned sleep time can make settling down harder.

During the journey

Match your routine to the destination where possible, then make your seat feel calmer and more supportive.

Create a low-light corner

Use an eye mask when you want to rest. Reduce screen brightness, silence notifications, and choose calming audio if it helps.

Support your posture

Set up your head support and arm wrap before you become tired. Adjust the fit so you can relax without pressure or strain.

Drink water and move

Sip water regularly. When safe and permitted, stand, walk, or stretch on longer trips. Follow crew instructions and keep your seat belt fastened when seated.

Keep food and drinks simple

Avoid relying on alcohol for sleep. A familiar, light snack may be easier to manage than a large late meal.

After you arrive

A gentle reset helps the new routine feel more natural, especially after crossing several time zones.

Follow the local day

Spend some time outdoors in daylight, and aim to eat and sleep according to local time. Keep the first day flexible if you can.

Rest without oversleeping

If you need a nap, keep it brief so it does not make local bedtime harder. Listen to your body and allow a few days to adjust.

Keep the comforts close

Pack your travel set into its pouch so it is ready for the return journey.

Further reading

NHS: nhs.uk/conditions/jet-lag/
CDC Travelers' Health: cdc.gov/travel/page/jet-lag