

Being Prepared for the Outbound Flight

Goal: To reduce the number of decreased alertness episodes during flight that are related to fatigue, particularly those occurring simultaneously for both pilots. Topics covered as a function of flight departure time and crew composition are: good sleep and nap management before the rotation; optimization of in-flight rest for augmented crews; reducing monotony in the cockpit by managing in-flight activities; timing of meals; and alternating passive and active vigilance phases.

	<i>Time Leaving Home or Hotel</i>	<i>Code</i>	<i>Basic Crew Preflight Do's and Don'ts</i>	<i>Basic Crew During Flight Do's and Don'ts</i>
Basic Crew	Common to All Times		<p>During the day, do your normal daytime activities. Try for exposure to sunlight in the afternoon.</p> <p>Avoid coffee and tea after 16h.</p>	<p>Alternate active and passive phases.</p> <p>Avoid eating meals or snacks at the same time as the other crewmember.</p>
	04:00 to 8:59	BC1:	<p>Do not take a nap during the day.</p> <p>In the evening, eat a light meal and go to bed as early as possible.</p>	<p>After an early wake up, watch for alertness decrements between 13h and 16h.</p>
	09:00 to 15:59	BC2:	<p>Eat a light meal in the evening and go bed at your normal time.</p> <p>Avoid getting up early.</p> <p>If possible, take a nap before leaving.</p> <p>Drink moderate amounts of coffee or tea if desired.</p> <p>Take advantage of waiting times during hotel-airport transfers to relax or take a nap, even if it is just a short one.</p>	<p>Watch for problems at the end of the flight since it corresponds to a period favoring sleep.</p>
	16:00 to 03:59	BC3:	<p>Eat a light meal in the evening and go bed at your normal time.</p> <p>Avoid getting up early.</p> <p>Take a long nap before leaving.</p> <p>Drink moderate amounts of coffee or tea if desired.</p> <p>Take advantage of waiting times during hotel-airport transfers to relax or take a nap, even if it is a very short one.</p>	<p>Watch for alertness decrements that may occur more frequently after midnight if you do not nap before departure.</p>

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	<i>Time Leaving Home or Hotel</i>	<i>Code</i>	<i>Augmented Crew Preflight Do's and Don'ts</i>	<i>Augmented Crew During Flight Do's and Don'ts</i>
	Common to All Times			<p>Alternate active and passive phases.</p> <p>Avoid eating meals or snacks at the same time as the other crewmember.</p>
Augmented Crew	04:00 to 8:59	AC1:	<p>During the day, do your normal daytime activities. Try for exposure to sunlight in the afternoon.</p> <p>Avoid coffee and tea after 16h.</p> <p>Do not take a nap during the day.</p> <p>Eat a light meal in the evening and go to bed as early as possible.</p> <p><i>These recommendation are the same whatever the in-flight rest period. But, if your rest is planned for the first part of the flight:</i></p> <p>Limit your morning coffee and tea intake.</p>	<p>After an early wake up, watch for alertness decrements between 13h and 16h.</p> <p><i>If your scheduled rest starts between 9h and 12h:</i></p> <p>This period is not favorable for sleep, but you should still plan a long rest period or divide your rest into two or three periods spread out over the flight.</p>
	09:00 to 15:59	AC2:	<p><i>If you are scheduled to rest during the first part of flight:</i></p> <p>Conduct normal activities but avoid coffee and tea after 16h.</p> <p>Do not take a nap.</p> <p>Eat a light meal in the evening and go to bed as early as possible.</p> <p><i>If you are scheduled to rest during other parts of flight or there is no coordinated rest schedule:</i></p> <p>Avoid getting up early.</p> <p>Take a nap before leaving if possible.</p> <p>Drink moderate amounts of coffee or tea if desired.</p>	<p>Watch for alertness decrements between 13h and 16h.</p> <p>If the end of the flight is in the evening, watch for problems since this time corresponds to a period favoring sleep.</p> <p><i>If your scheduled rest starts between 16h and 21h:</i></p> <p>This period is not favorable for sleep, but you should still plan a long rest period or divide your rest into two or three periods spread out over the flight.</p>
	16:00 to 03:59	AC3:	<p><i>If you are scheduled to rest between 18h and 22h:</i></p> <p>Eat a light meal in the evening and go to bed as early as possible. The day of the flight, conduct normal activities but avoid coffee and tea after 12h.</p> <p>Do not take a nap.</p> <p><i>If you are scheduled to rest after 22h or there is no coordinated rest schedule:</i></p> <p>Avoid coffee and tea after 16h.</p> <p>Eat a light meal in the evening and go bed at your normal time.</p> <p>The day of the flight, avoid getting up early, take a long nap before leaving and drink moderate amounts of coffee or tea if desired.</p>	<p>Watch for alertness decrements after midnight if you do not nap before departure.</p> <p><i>If your scheduled rest starts between 18h and 21h:</i></p> <p>This period is not favorable for sleep, but you should still plan a long rest period or divide your rest into two or three periods spread out over the flight.</p>