

## **Being Prepared for the Return Flight in Eastward Rotations LAYOVER AND RETURN FLIGHT RECOMMENDATIONS**

The following recommendations are made for both the layover and return flight in eastward rotations in order to help:

- Limit sleep loss during layover
- Assist in sleep planning based on flight timing
- Increase awareness of potential alertness decrements during the return flight according to its timing and crew composition

Elements of the Advice Cards for the layover include:

- Appropriate sleep and nap management
- Exposure to sunlight
- Physical exercise
- Meal and food management

Elements of the Advice Cards for the return flight for basic and augmented crews include:

- The most likely alertness decrement periods
- Recommendations from which pilots must choose the optimal solution according to their sleep and nap management during layover, particularly on the last day (or LAAQ score).

## Being Prepared for the Return Flight in Eastward Rotations LAYOVER RECOMMENDATIONS

<i>Return Flight : Departure Time from Hotel from Hotel (Layover time)</i>	<i>Code</i>	<i>The recommendations below depend on the timing of the return flight. Ultimately, You have to decide what you prefer to do: (E1) go to bed early, (E2) favor layover time, or (E3) favor base time. Whatever you decide, you should sleep or take a long nap before the return flight.</i>
<b>Common to All Times</b>		<b>On arrival, if the hotel does not provide around-the-clock room service, make the necessary arrangements for a snack. If you have a long layover, before the return flight you should use the LAAQ questionnaire to assess your level of adjustment to Local Time (LT) and the potential for alertness decrements related to circadian rhythm disruptions.</b>
<b>04:00 to 08:59</b>	<b>E1</b>	<b>Go to bed as early as possible from 18h to 20h LT, using the later time for a higher time zone (7 to 9 TZ): Eat a meal by the end of the afternoon and go to bed as early as possible so that you will be asleep at a time corresponding to your normal base napping time, around 13h Base Time (BT). If you have an early wake up (i.e., between 3h to 6h LT), eat a light meal and take a nap in the morning. If you do not have an early wake up, eat breakfast and drink moderate amounts of coffee or tea if desired. Expose yourself to sunlight (from 9h to 12h) and engage in light physical exercise (i.e., walking). Eat a meal around midday LT. <b>Avoid napping after midday LT, and avoid coffee or tea after 14h to 16h LT.</b></b>
<b>09:00 to 15:59</b>	<b>E2</b>	<b>Favor Layover Time: In the evening, eat a meal and then go to bed from 22h onwards. Upon wake up, eat breakfast and drink moderate amounts of coffee or tea if desired. Eat meal around midday LT and take a nap if needed. Expose yourself to sunlight and engage in light physical exercise. Drink moderate amounts of coffee or tea if desired.</b>
<b>16:00 to 03:59</b>	<b>E3</b>	<b>Favor Base Time: Eat a light meal in the evening and go to bed as late as possible (i.e., after midnight LT) so that you will be asleep at a time corresponding to your normal BT sleeping hours. Eat breakfast upon waking up. Take a nap if needed. Expose yourself to afternoon sunlight and engage in light physical exercise . Drink moderate amounts of coffee or tea if needed. Eat a meal by the end of the afternoon LT.</b>

## Being Prepared for the Return Flight in Eastward Rotations

### RETURN FLIGHT RECOMMENDATIONS

	Return Flight: Local Departure Time from Hotel	Code	Return recommendations for eastward rotations (4 to 9TZ)
	Common to All Times and Crews		<p>Alternate active and passive phases.</p> <p>Avoid eating your meals or snacks at the same times as the other crewmember.</p>
<b>Basic Crew</b>	04:00 to 08:59	EB1	<p>Favoring an early bedtime LT will limit sleep deprivation before the return flight. For a longer layover, if your LAAQ score is between 18 and 24, be aware of and follow the layover recommendations to have an appropriate level of alertness during most of the flight.</p> <p>If you do not sleep or nap, the first part of the flight may be difficult.</p>
	9:00 to 15:59	EB2	<p>The return flight is partly during base nighttime hours, and by favoring LT for sleep you will limit sleep deprivation. For a longer layover, if your LAAQ score is between 25 and 36, be aware of and follow the layover recommendations to have an appropriate level of alertness during most of the flight.</p> <p>If you do not sleep or nap before departure, alertness decrements may occur frequently during the flight, particularly during the first part.</p>
	16:00 to 03:59	EB3	<p>If you favor BT, your last sleep will be close to the return flight departure time. For a longer layover, if your LAAQ score is between 6 and 17, be aware of and follow the layover recommendations to have an appropriate level of alertness during most of the flight.</p> <p>Favoring LT for sleep is not recommended since the flight time corresponds to nighttime hours LT.</p> <p>If you do not sleep or nap before the flight, alertness decrements may occur frequently during the flight, particularly during the second part.</p>
<b>Augmented Crew</b>	04:00 to 08:59	EA1	<p>Favoring an early bedtime LT will limit sleep deprivation before the return flight. For a longer layover, if your LAAQ score is between 18 and 24, be aware of and follow the layover recommendations to have an appropriate level of alertness during most of the flight.</p> <p>You should divide your rest into two or three periods spread out over the flight.</p> <p>If you do not nap or sleep before departure, you should take your main rest period in the first part of the flight.</p>
	9:00 to 15:59	EA2	<p>The return flight is partly during base nighttime hours, and by favoring LT for sleep you will limit sleep deprivation. For a longer layover, if your LAAQ score is between 25 and 36, be aware of and follow the layover recommendations to have an appropriate level of alertness during most of the flight.</p> <p>You should divide your rest into two or three periods spread out over the flight.</p> <p>If you do not nap or sleep before departure, alertness decrements may occur frequently during the flight, particularly during the first part. You should take your main rest period during the first part of the flight.</p>
	16:00 to 03:59	EA3	<p>If you favor BT, your last sleep will be close to the return flight departure time. For a longer layover, if your LAAQ score is between 6 and 17, be aware of and follow the layover recommendations to have an appropriate level of alertness during most of the flight.</p> <p>You should divide your rest into two or three periods spread out over the flight.</p> <p>If you favor LT for sleep and activity during a longer layover, the flight may be difficult because it corresponds to a night flight (LT). If you do not sleep or nap before the flight, alertness decrements may occur frequently during the flight, particularly during the second part. You should take your main rest period in the second part of the flight since it corresponds to a sleeping period LT.</p>