

Professional Sleeping For Cabin Crew



 **AIRBUS A380-800**

Alcohol

Bed Bugs

Body Clock

Coffee

Illegal Drugs

Legal Drugs

Fitness

iPhones, Audiobooks & Apps

Messages

Mosquitoes

Natural Remedies

Nicotine

Rosters & Diaries

Snoring

Sleep Apnea

Stress

Sun - Too Much

Sun - Not Enough

Water

Weight & Sex

Sleep Preparation

Room, Bed, & Position

Self-Hypnosis & Relaxation Techniques

Wake Up Naturally

**Fake It Til You
Make it!**

Crew Rest Coffin

NASA Nap

Layover Destination

Jet Lag

Expatriate Lifestyle

A Long Flight

Sleep Professionally

1. Your #1 Priority

2. Alarms, Earplugs, Eyeshades

3. No Electricity



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