

Professional Sleeping For Cabin Crew

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 **AIRBUS A380-800**

Alcohol

Alcohol

Alcohol

Bed Bugs

Bed Bugs

Bed Bugs

Body Clock

Body Clock

Body Clock

Coffee

Coffee

Coffee

Illegal Drugs

Illegal Drugs

Illegal Drugs

Legal Drugs

Legal Drugs

Legal Drugs

Fitness

Fitness

Fitness

iPhones, Audiobooks & Apps

iPhones, Audiobooks & Apps

iPhones, Audiobooks & Apps

Messages

Messages

Messages

Mosquitoes

Mosquitoes

Mosquitoes

Natural Remedies

Natural Remedies

Natural Remedies

Nicotine

Nicotine

Nicotine

Rosters & Diaries

Rosters & Diaries

Rosters & Diaries

Snoring

Snoring

Snoring

Sleep Apnea

Sleep Apnea

Sleep Apnea

Stress

Stress

Stress

Sun - Too Much

Sun - Too Much

Sun - Too Much

Sun - Not Enough

Sun - Not Enough

Sun - Not Enough

Water

Water

Water

Weight & Sex

Weight & Sex

Weight & Sex

Sleep Preparation

Sleep Preparation

Sleep Preparation

Room, Bed, & Position

Room, Bed, & Position

Room, Bed, & Position

Self-Hypnosis & Relaxation Techniques

Self-Hypnosis & Relaxation Techniques

Self-Hypnosis & Relaxation Techniques

Wake Up Naturally

Wake Up Naturally

Wake Up Naturally

**Fake It Til You
Make it!**

**Fake It Til You
Make it!**

**Fake It Til You
Make it!**

Crew Rest Coffin

Crew Rest Coffin

Crew Rest Coffin

NASA Nap

NASA Nap

NASA Nap

Layover Destination

Layover Destination

Layover Destination

Jet Lag

Jet Lag

Jet Lag

Expatriate Lifestyle

Expatriate Lifestyle

Expatriate Lifestyle

A Long Flight

A Long Flight

A Long Flight

Sleep Professionally

Sleep Professionally

Sleep Professionally

1. Your #1 Priority

1. Your #1 Priority

1. Your #1 Priority

2. Alarms, Earplugs, Eyeshades

2. Alarms, Earplugs, Eyeshades

2. Alarms, Earplugs, Eyeshades

3. No Electricity

3. No Electricity

3. No Electricity



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