

Being Prepared For the Return Flight In Westward Rotations

LAYOVER AND RETURN FLIGHT RECOMMENDATIONS

Recommendations are made for both the layover and return flight in westward rotations in order to help:

- **Limit sleep loss during layover**
- **Increase awareness of alertness decrement periods and periods favorable to sleep during the return flight.**

Elements of the Advice Cards for 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 include:

- **The most likely alertness decrement periods for basic crews**
- **Recommendation list from which pilots must choose the optimal solution according to their sleep and nap management during layover (or LAAQ score), particularly on the last day, when operating as part of an augmented crew.**

Being Prepared for the Return Flight in Westward Rotations LAYOVER RECOMMENDATIONS

Return Flight : Departure Time from Hotel (Layover time)	Code	Layover recommendations for westward rotations (4 to 9 TZ). <i>Whatever you decide, you should try to sleep as much as possible close to the return flight time.</i>
4h – 8h59	W 1	<p>Favor Base Time (BT) : Go to bed as early as possible and take a nap in the early morning.</p> <p>On arrival, if the hotel does not provide around-the-clock room service, make the necessary arrangements for breakfast.</p> <p>In the morning, eat a meal corresponding to lunch for your BT and drink moderate amounts of coffee or tea if desired.</p> <p>Expose yourself to daylight.</p> <p>Perform light exercise (e.g., walk).</p> <p>Avoid napping between midday and 18h local time (LT).</p> <p>Eat a light meal at the end of the afternoon LT.</p> <p>Go to bed as early as possible (around 18h LT) so that you will be asleep at a time corresponding to your normal BT sleep period.</p> <p>Eat breakfast and take a nap in the early morning LT, which will correspond to your normal BT napping period.</p> <p>If you have a long layover, before the return flight you should use the LAAQ questionnaire to assess your level of adjustment to LT and the potential for alertness decrements related to circadian rhythm disruptions.</p>
9h – 15h59	W 2	<p>Favor Layover Time (LT): Take your main sleep during layover night hours.</p> <p>On arrival, if the hotel does not provide around-the-clock room service make the necessary arrangements for breakfast.</p> <ul style="list-style-type: none"> -Expose yourself to sunlight and perform light exercise (e.g., walk). -Eat a meal at midday LT. -Eat a light meal in the evening LT. -Go to bed during layover night (from 22h LT). <p>If you wake up early (between 3 AM - 6 AM LT), eat breakfast and take a nap in the morning since a nap at this time will correspond to your normal BT for napping. If you do not wake up early, eat breakfast and drink moderate amounts of coffee or tea if desired.</p> <ul style="list-style-type: none"> -Expose yourself to sunlight and perform light exercise. -Eat a meal at midday LT. -Take a nap if needed <p>If you have a longer layover, the recommendations are the same for the following days. Before the return flight, you should use the LAAQ questionnaire to assess your level of adjustment to LT so you can be aware of potential alertness decrement periods.</p>
16h – 3h59	W 3	<p>Sleep as much as you can before the flight.</p> <p>You have to decide if you prefer to favor BT or LT and choose between W1 and W2 above. Whatever you decide, you should take a long nap before the return flight.</p>

Being Prepared for the Return Flight in Westward Rotations RETURN FLIGHT RECOMMENDATIONS

	Return Flight: Local Departure Time from Hotel	code	Return recommendations for westward rotations (4 to 9 TZ)
Basic Crew	4h – 8h59	WB1	<p>Favoring BT for rest (early bedtime LT) and activities will limit sleep deprivation before the return flight. For a longer layover, and/or an LAAQ score between 6 and 17, this will allow for an appropriate level of alertness for most of the flight, but the end of the flight may be difficult since it will correspond to a period favoring sleep. Alternate active and passive phases.</p> <p>Avoid eating your meals or snacks at the same time as the other crewmember.</p>
	12h – 15h59	WB2	<p>By following the above recommendations, your rest and activities will largely be on local time, especially if you have a longer layover and/or an LAAQ score between 25 and 36. This will allow for an appropriate level of alertness for most of the flight, but the last part of the flight may be difficult since it will correspond to a period favoring sleep.</p> <p>Alternate active and passive phases.</p> <p>Avoid eating your meals or snacks at the same time as the other crewmember.</p>
	16h – 3h59	WB3	<p>If you do not nap or sleep before the flight, alertness decrements may occur frequently during the flight since it corresponds to a period favoring sleep.</p> <p>Alternate active and passive phases.</p> <p>Avoid eating your meals or snacks at the same time as the other crewmember.</p>
Augmented Crew	4h – 11h59	WA1	<p>Favoring BT for rest (early bedtime LT) and activities will limit sleep deprivation before the return flight. For a longer layover, and/or an LAAQ score between 6 and 17, this will allow for an appropriate level of alertness for most of the flight, but the end of the flight may be difficult.</p> <p>Take a short rest period at the beginning of the flight and a long rest period during the last part of the flight since the end of the flight corresponds to a period favoring sleep.</p> <p>If you do not nap or sleep before departure, you should divide your in-flight rest into two or three periods spread out over the flight.</p>
	12h – 15h59	WA2	<p>Favoring LT for rest and activities, especially for a longer layover and/or an LAAQ score between 18 and 36, will put your last sleep close to the return flight time. This will allow for an appropriate level of alertness for most of the flight, but the last part of the flight may be difficult.</p> <p>Take a short rest period around midday LT and your main rest period in the last part of the flight since it will correspond to a period favoring sleep.</p> <p>If you do not nap or sleep before departure you should divide your in-flight rest into two or three periods spread out over the flight.</p>
	16h – 3h59	WA3	<p>You must choose the optimal solution for in-flight rest management according to how you feel and your sleep management before departure.</p> <p>If you do not nap or sleep before departure, you should divide your in-flight rest into two or three equal periods spread out over the flight. Otherwise, take your main rest period in the second half of the flight.</p>