

Sleep Rules of Thumb

- Any sleep is better than no sleep.
- Good day sleep is hard to get.
- Best sleep is night sleep in your home time zone.
- Eat balanced meals.
- Regular exercise encourages good sleep.
- Remember Q-D-C-F
 - Quiet – Dark – Cool – Flat
 - Best rest is in a quiet space that is dark (use blackout curtains or sleep mask), cool, laying flat (recliners don't count).

Preparing for Night Flight Duty Periods

- Staying up late the night before just makes you more prone to fatigue related errors. It takes 10-21 days to acclimate to a night shift schedule.
- Get a good night's rest the night prior.
- Take a nap in the afternoon:
 - no more than 3 hours
 - longer nap = better ability to resist sleep during overnight ops
- Get at least 10 good hours the next night to recover.

Personal Fatigue Mitigation QRH