

# VistaJet *Sleep*

VISTA  JET

Sleep is not a single act, but a carefully  
guided journey that supports the  
body's natural rhythm and longevity.

The Sleep program is a science-driven  
ritual of restoration — tailored to your  
time zone, cabin and rhythm.

## The importance of sleep

Sleep is essential for improving physical and cognitive function, supporting cellular repair, mood and metabolic health.

Globally, around 27% of adults report having some type of sleep disorder<sup>1</sup>. Sleeping on a plane is even more challenging with factors such as noise, turbulence, increased altitude, jetlag and comfort.

In doing so, we have transformed the experience of sleeping during a flight — now you can truly rest, arriving at your destination present and ready for what matters most.

With specially trained Cabin Hosts, our in-house nutritionist and onboard services, we have transformed the experience of sleeping during a flight — now you can truly rest, arriving at your destination ready for what matters most.



## For the highest quality of sleep and rest in the air

The key to optimizing rest is as much about preparation and what you do when you wake up, as it is the sleep itself. This is why the VistaJet Sleep program incorporates pre- and post-sleep services, to ensure our Members can rest properly during their flight.

### **IN-FLIGHT SLEEP SERVICES**

An array of products and services are available to you to support your rest, from superior sleep aids to a permanent bed on certain aircraft. Cabin Hosts are trained to support your preferred flight plan — from the timing of meals to creating the optimal environment for your time on board.



The VistaJet logo is displayed on a screen within the aircraft cabin. The logo features the word "VISTA" in white, followed by a stylized red and white wing graphic, and the word "JET" in white. The background of the screen is dark blue.

VISTA JET

## Preparing your body for rest

Our pre-sleep services are aimed at creating an environment that works well for each of our Members.

Upon request, your Cabin Host can adjust the cabin temperature and lighting to promote optimal rest conditions. They will also time your meal service to sync with the time zone at your destination.

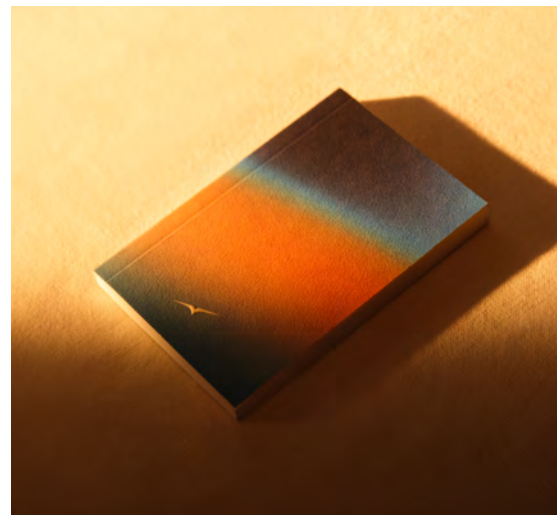


# Sleep your way

Personalize your cabin environment setup and the amenities you wish to use to support your sleep and rest on board.

## Available to you

- ✦ Caffeine-free beverages including calming herbal teas to help the body relax
- ✦ Black out eye masks and bio-based foam ear plugs to block light and sound that can prevent a deeper rest
- ✦ Place digital devices outside your sleeping space for minimal distraction
- ✦ Hypo-allergenic bedding and pillows to enhance comfort while you rest
- ✦ Sleep journal to capture thoughts and ideas before you rest to clear your mind
- ✦ Choose a book from our cabin library to unwind before sleep



*“As soon as you board, act as if you are already in the destination time zone by adjusting your watch to the local time at destination.”*

Simply choose your preferences from the **Sleep Menu**. Your Cabin Host will also talk you through your options. View the menu here:







## A restorative sleep

After enjoying a caffeine-free warm drink in your private cabin, rest in comfort with hypo-allergenic pillows and bedding, as well as pyjamas. We would be happy to provide ultra soft black-out eye masks and bio-based foam ear plugs for uninterrupted rest. Soothe your skin with hydrating night creams to restore your skin while you sleep.

As part of the turn down service, your Cabin Host will turn cabin light sources off and will set up the cabin in a state conducive to optimal sleep.





*"A drop in core body temperature is necessary for initiating and maintaining deep sleep. Creating a cooler sleep environment facilitates this natural process. The optimal room temperature that supports the body for a good night's sleep is 60-67°F (15-19°C)."*





## A rejuvenating experience before you land

To ensure the most natural transition from sleep to waking, your Cabin Host will adjust the temperature moments before you are due to wake, as well as gradually brighten the cabin, as another signal to your body.

If you prefer not to be woken by an alarm, the option for a gentle wake-up call from your Cabin Host is a soothing way to start your day.

Once awake, enjoy an energizing meal prepared by VistaJet's in-house nutritionist, or a nourishing juice or electrolyte boosting beverage — we are here to support you in staying hydrated and to ensure your body feels refreshed after your rest.



THE GLOBAL 7500

## Advanced features — a full night's sleep for long haul travel

With access to an international fleet of Global 7500 aircraft, VistaJet Members can benefit from additional services to support optimal sleep and rest during long-haul travel.

The Bombardier Global 7500 aircraft flies up to 17 hours non-stop and has a range of features to alleviate the effects of flying across multiple time zones. These include a reduced cabin pressure from 40,000ft to that of 4,000ft altitude and a quietened cabin.

The Soleil Lighting System features a revolutionary Dynamic Daylight Simulation that helps to synchronize your circadian rhythm to the time at your destination. This supports the body's natural rhythms during travel and assists in combating jetlag.

The result is that you land at your best, even after flying across the world.







*“Your crew cross multiple timezones, often several continents in a single week. This unique experience gives them an instinctive understanding of how travel affects the body and mind, allowing them to shape every element of service to support the best rest in the sky.”*

*— Gemma-Anne Jones, Head of Cabin Service Innovation*





## The art of taking a nap

If you simply need a quick reset before you reach your destination, your Cabin Host can set up a space in comfortable, ergonomic seating in your preferred section of the cabin.

Done correctly, in sync with your sleep cycle, a nap can rejuvenate both the body and mind, increasing productivity and boosting energy.

### **POWER NAP**

(20 TO 45 MINUTES)

When you have less than an hour, the aim is to get rest without entering deep sleep to prevent grogginess. Even if you do not achieve sleep, you are getting measurable recovery.

### **SHORT SLEEP**

(2 TO 3.5 HOURS)

This is your opportunity for one complete sleep cycle, which typically lasts 90-110 minutes. This allows you to enter REM sleep, providing genuine restoration.

Your step-by-step guides:



# For every passenger

The VistaJet Sleep program is for every passenger, with a service tailored to the needs of each one.

## Children

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Traveling as a family is fun, yet flying can be a challenge. We can help create a soothing sleep environment, from story-time with the Yoto storyteller to a warm drink before bedtime, we are on hand to ensure a good night's rest. Our team can also arrange a suitable sleep configuration, if you prefer to sleep together.







## Pets

We all need sleep – even our furry friends. VistaJet has selected a variety of products that help your pet rest comfortably when they fly, including their very own comfortable bed.

# BUSINESS

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## Fizzy Drinks Add Co Sweetened With Can

New version won't replace namesake soda that uses high-fructose corn syrup

By Laura Coombs

Coca-Cola plans to add a sweetened version of its new fizzy drink, which will be made with high-fructose corn syrup, to its portfolio of beverages. The announcement came last week, just as the company agreed to use "100% cane sugar" in the soda. Coca-Cola has been working on a new "high-fructose corn syrup" for its drinks, which it is reportedly cheap and

easy to use. The new drink is expected to be available in 2024. Coca-Cola has been working on a new "high-fructose corn syrup" for its drinks, which it is reportedly cheap and easy to use. The new drink is expected to be available in 2024. Coca-Cola has been working on a new "high-fructose corn syrup" for its drinks, which it is reportedly cheap and easy to use. The new drink is expected to be available in 2024.

The cuts are creating enough uncertainty that some lenders are pulling back. The cuts are creating enough uncertainty that some lenders are pulling back. The cuts are creating enough uncertainty that some lenders are pulling back.



Top states by value of federal rental income. U.S. Department of Housing and Urban Development. Data as of 2021.




## High performance travel

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The cabin is a unique space for intentional rest that supports enhanced performance at destination. From business leaders to professional athletes, benefit from optimized travel and a schedule prepared with your focus, productivity and energy in mind.







*“Your biology does not board the plane when you do, it lags behind, and the gap between your body’s internal clock and your destination’s local time can impair sleep quality and cognitive function and performance.”*

## Jetlag

For clients that fly multiple times across timezones, the effects of jetlag are tangible and can impact focus and performance, as well as mood and overall wellbeing.

To combat these effects, it is important to adjust and realign your circadian rhythm, especially when traveling long-haul.

Food, movement, temperature, hydration and sleep environment can be carefully aligned to contribute to faster recovery. Flying with VistaJet means that we can control these stimuli within the cabin, to restore your own rhythm.



## At destination

Continue to receive the benefits of true rest when you arrive at your destination, with sleep-focused properties and experiences from our trusted Private World partners. From high-intensity biofeedback sessions conducted by experts in the field, to full-moon yoga and floating meditations, discover a new way to sound sleep.







# Lanserhof

With a combination of state-of-the-art medicine and holistic therapies, the new NeuroSleepRest is the world’s first innovation for restorative sleep and peak mental performance. This three-day experience includes 12 high-intensity biofeedback sessions, including targeted theta wave training to unlock deep sleep, regeneration and mental clarity. Improve your long-term sleep quality with a comprehensive sleep analysis and personalized therapeutic recommendations.





## Six Senses Zighy Bay

The Omani village-inspired resort has introduced a selection of experiences that help guests restore vitality and balance, in a serene haven for renewal. Sleep improvement methods include a dedicated Sleep Enhancement program, perfect for those struggling with fatigue, stress or difficulty managing daily challenges, as well as personalized sleep assessments and restorative therapies such as massage, aromatherapy and sound healing.





## Zulal Wellness Resort by Chiva-Som

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Access the world's first contemporary showcase of Traditional Arabic and Islamic Medicine (TAIM). Nighttime Rituals take guests through a series of therapeutic mind-body sessions which aim to reduce cortisol levels, promote better sleep quality and enhance overall wellbeing. These include stargazing, full-moon meditation, evening singing bowl sound healing, full-moon yoga and floating meditation at sunset.





Thailand

## Chiva-Som Hua Hin

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Chiva-Som Hua Hin offers personalized wellbeing incorporating both Eastern philosophy with Western diagnostics. The new Sleep Enhancement Specialisation program combines advanced sleep hormone tests and sleep apnea screening with a range of supportive treatments, including supplements to help correct any hormonal imbalances. In-room sleep enhancement services include blackout curtains and mist diffusers. Sleep therapies can be added to any of the resort's 16 specialized retreats.





Anguilla, Dominican Republic, Sri Lanka, Thailand

## ÀNI Private Resorts

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Experience restorative sleep through carefully curated sleep-inducing rituals that support body and mind — from deeply relaxing arrival baths and locally sourced herbal teas to artisanal pillow mists crafted from native ingredients. Choose your preferred pillow and mattress prepared in advance through personalized, anticipatory service. For families with children, let bedtime be an inspiring moment with local tales that bring the destination to life in an engaging, gentle way before little ones drift off to sleep.





## Marina Bay Sands

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Intentionally designed to integrate wellness into every aspect of your stay, this curated sleep experience invites guests to partake in private pre-sleep yoga sessions, with calming artisan teas, before resting on handcrafted mattresses that absorb movement for better sleep. Indulge further in the true comfort of custom-made duvets. The Horizon Suite is fitted with a salt room, sauna, ice fountain and a traditional hammam to bring the body into deeper states of relaxation to receive the fullest benefits of sleep.



# Glossary

## ADENOSINE

Adenosine is a natural chemical in the body that makes you feel tired as it builds up during the day.

It also helps keep your immune, respiratory and circulatory systems working properly.

## BLUE LIGHT

A short wavelength and high-energy light that strongly affects circadian rhythms and suppresses melatonin.

It is widely emitted by LEDs and electronic devices like phones, tablets and laptops, making it a common cause of sleep disruption.

## CIRCADIAN RHYTHM

Circadian rhythm, also called the body clock or metabolic rhythm, is a 24-hour internal system controlled by the brain's circadian pacemaker.

It regulates sleep, alertness, mood, performance, hormone release, metabolism and immune function. These rhythms align with the 24 hour light-dark cycle to support healthy physical and mental functioning.

## CIRCADIAN SHIFT

A circadian shift is when your body's natural internal clock becomes out of sync with the external day-night cycle.

## JETLAG

Jetlag is a short-term sleep disorder caused by traveling across multiple time zones.

Symptoms include fatigue, insomnia, headaches, irritability and digestive issues. The body usually needs about 1–1.5 days per time zone crossed to adjust, with light being the most effective cue to reset the internal clock.

## MELATONIN

Melatonin is a hormone that helps regulate sleep and the circadian rhythm.

It is released in the evening, a few hours before bedtime, to promote sleepiness. Melatonin levels are strongly influenced by light, with darkness triggering its release and bright light suppressing it.

## NATURAL LIGHT

Sunlight is the main source of natural light and the strongest signal for your body clock.

Depending on when you get it, sunlight can make you feel awake earlier or later. Artificial light, from screens and lamps, can also affect sleep, though the effect is generally much weaker than that of sunlight.

## SEROTONIN

Serotonin is a natural chemical that helps control mood, sleep, digestion and other important functions.

It is found in the brain, gut, blood and nervous system and plays an important role in regulating sleep and keeping the circadian rhythm in balance by promoting and sustaining wakefulness.

## SLEEP CYCLE

During a typical night, a person goes through four to six sleep cycles, each lasting 70 to 120 minutes.

Every cycle includes different stages of sleep, such as REM and non-REM. These cycles are part of the body's larger sleep-wake rhythm, which helps regulate when you feel alert during the day and sleepy at night.



